SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 19 SHOPPERS DRUG MART

VANCOUVER metro®

NEWS WORTH SHARING.

Cars and bikes share the Adanac Bikeway on Union Street. City council has decided to revisit proposed changes to the route. JENNIFER GAUTHIER/METRO FILE

Adanac upgrade on hold

City hall. Council OKs two bike lanes but opposition puts brakes on a third

City council approved two new separated bike lanes on Wednesday but was forced to back away from plans for a third after opposition from residents.

Not a soul came to council to oppose two projects — one to extend the Canada Line Bridge Connection in South Vancouver for $750,000 and the other to upgrade the north end of the Cambie Street Bridge to Beatty Street for up to $1.5 million.

But the placid acceptance of improvements to the cycling network screeched to a halt at the intersection of Union and Main Streets along the Adanac bikeway, which was going to be upgraded for $750,000.

Strathcona residents and business owners strongly opposed the city's plans to stop all car traffic from travelling along Union just west of Main and to prevent eastbound traffic along Union just east of Gore.

In the end, council directed staff to look at various options for the stretch.

Many expressed frustration about the loss of parking and the blocking of trucks and cars from the shortcut to downtown, which is used by about 5,000 vehicles and 4,000 bikes daily.

Steve Da Cruz, owner of The Parker restaurant, referred to the city's claim that half the parking spots along the strip are typically empty as grossly inaccurate.

He added that businesses in the up-and-coming neighbourhood depend on the parking to attract customers.

The plans are "cutting us off at the knees," he said, noting that traffic will be a bigger problem as more restaurants move to the area. "This project has been pushed through with very little communication."

The city's public consultation was a failure, agreed Pete Fry, chair of the Strathcona Residents' Association. Residents only heard about the final proposal on May 1, and the city neglected to advertise that closing down parts of Union to cars was on the agenda, he said.

But others, such as cycling advocacy organization HUB, supported the safety upgrades to the street, which even opponents said was an accident waiting to happen.

The thousands that pack into the street deal with "treacherous" spots at the intersection, said Tanya Paz, chair of the Active Transportation Policy Council, who urged council to pass the recommendations.

"Should we go ahead with these now rather than wait for more injuries? Yes, please."

EMILY JACKSON/METRO

FROCKIN' ROCKIN'

THINK FLORAL, BRIGHT AND SUPER LONG FOR YOUR SUMMER DRESS SHOPPING: HERE ARE EIGHT PIECES OF FASHION EYE CANDY TO GET YOU INSPIRED

PAGE 21

Be warned: It's driver eat driver out there

A new app would let people snitch on fellow motorists who are illegally parked — and make a few bucks in the process

PAGE 12

Here's to dearest dad

From tech toys to cologne, Metro has gift suggestions for everyone's old man

PAGES 24 & 39-44

60-day sentence for fatal dog beating

Animal-rights advocates balk at the decision in the trial of a mentally ill man who attacked his German shepherd Captain with a bat

PAGE 3

Whale lovers rejoice

Juan de Fuca Strait seeing record numbers of humpbacks

PAGE 6

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SHOPPERS DRUG MART

Man who beat, killed Captain the dog gets 60 days in jail

Sentencing. Judge harshly admonishes members of public who have threatened violence against the mentally ill man

MATT KIELTYKA
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Brian Whitlock, the mentally ill man who pleaded guilty to beating and killing his pet German shepherd, Captain, was sentenced to 60 days in prison and received a lifetime ban from owning animals on Wednesday.

Dozens of incensed animal-rights advocates jeered the decision in Vancouver provincial court — to the anger of the judge, who threatened to kick people out of the room — as it was handed down to the 26-year-old.

Justice David St. Pierre accepted testimony and evidence that Whitlock, who appeared to be a responsible pet owner before the act, was in the throes of a psychotic episode when he beat the dog with a baseball bat.

At the time, Whitlock believed Captain had been "poisoned by evil forces" and that it was his responsibility to put down the dog.

Believing the dog was dead, Whitlock wrapped Captain in a sheet and left his body in a dumpster.

But Captain wasn't dead.

He was found gravely injured and paralyzed and was taken into SPCA care before succumbing to his injuries.

"Obviously that thinking (during the incident) is related to his mental-health disorder," St. Pierre said.

Whitlock had already served 53 days in custody by Wednesday, so just seven days remained on his sentence, which will be followed by three-years probation.

B.C. SPCA's Marcie Moriarty was pleased with the lifetime ban on owning animals, but considered the 60-day jail term to be light.

Crown prosecutors had asked the judge for up to six months of jail during a sentencing hearing.

The sentence wasn't enough for many of the vocal advocates attending sentencing in T-shirts supporting Captain.

"I have a lot of compassion for mentally ill people, but do they walk around beating their dogs to death?" said Kat Chapman. "He has no consequence. What is 60 days, minus 53 days (time served)?"

Captain, a German shepherd, was left for dead in this Kitsilano dumpster in July 2012. His owner, Brian Whitlock, pleaded guilty to beating and killing the dog during a psychotic episode, and was sentenced on Wednesday to 60 days in prison and received a lifetime ban from owning animals. HANDOUT

Justice St. Pierre acknowledged the public outrage surrounding the case.

But he harshly admonished members of the public who have responded with death threats and other threats of violence against Whitlock.

"I understand the emotions involved," the judge said. "It doesn't excuse, or make death threats or assertions that people will take the law into their own hands any better."

He asked dissenters to put themselves in the shoes of a parent whose child is suffering from a similar mental disorder.

"It's quite disturbing this tragedy would precipitate other talk and acts of violence," he said. "I expect this matter to be concluded (with sentencing)."

St. Pierre said Whitlock should be able to "make amends to the community" without fear of vigilantes.

Whitlock's parents were in court but made no comment to media as they left the courthouse.

Expectant mom gets more than she bargains for at mall

A mall in Richmond revealed it provides free delivery service to pregnant shoppers after a woman gave birth to a baby boy there on Saturday.

Security guards at Aberdeen Centre heard the expectant mother's screams coming from a busy packing entrance on the second floor just before 4 p.m. and rushed to her side.

Joey Kwan, promotion and public-relations manager for the mall, said the woman was with her sister at the time, who phoned 911.

"One of the security (guards), because the dad was not there, provided mental support to her and let her grab his hand to deliver the baby," she said.

"The other security guard was actually monitoring the baby coming and helped her to deliver."

Within a few minutes firefighters were on the scene, and paramedics arrived soon after with just one minute to spare before the youngster made his debut.

Not an average work day

"Those two security guards are not married and are not a daddy yet, so this is a one-of-a-kind, special, very unique experience for them."

Joey Kwan, promotion and public relations manager for Aberdeen Centre, on the security guards who came to the aid of an expectant mother who went into labour at the mall.

Members of the advanced life-support unit cut the umbilical chord and transferred mother and baby to Richmond General Hospital, where they were both found to be in good health.

Being preoccupied with her safety, no one from the mall got the mother's name, but everyone there is hoping she comes forward because several stores want to shower her with gifts.

Japanese dollar store Daiso wants to give the family 100 baby items, and the restaurant Gangnam Northern Chinese Cuisine wants to offer them a free celebratory dinner for the child's 100th day — a traditional milestone in many Asian cultures.

Saint Germain Bakery has also offered to give the baby a cake for every birthday until he turns 18. KATE WEBB/METRO

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Back to business. Clark calls byelection date as Dix returns with lament

Premier Christy Clark took a major step toward returning to British Columbia's legislature by announcing a July 10 byelection date Wednesday, while New Democrat Leader Adrian Dix described his official return to the legislature in Opposition as bittersweet.

Dix admitted he would have been much happier if he was participating in a ceremony to swear in a new NDP government, but the majority of B.C. voters had other ideas, electing Clark's Liberals to a fourth consecutive term.

B.C. Premier Christy Clark
THE CANADIAN PRESS

"We would have hoped that this would have been the swearing in of a new government. Everybody knows that," Dix said, after 34 New Democrat MLAs were officially welcomed to the legislature. "It's obviously disappointing on the one hand, but it's great to see such an outstanding Opposition, which will serve the people of B.C. so well."

The NDP lost the May 14 election in stunning fashion to Clark's Liberals, whom pollsters and much of the media had pegged to lose after three terms. THE CANADIAN PRESS

Dr. Seuss. Doctor takes The Cat in the Hat back to hospital's book stack, stat!

A signed, first-edition copy of Dr. Seuss' The Cat in the Hat is on its way back to a children's hospital in Saanich, thanks to the goodwill of a local physician.

Dr. Robert O'Connor was at Kilshaw's Auctioneers looking for some tables and chairs to fill out his new practice in Metchosin. While there, he spotted the Seuss classic, complete with a dedication to children of the Queen Alexandra Centre.

"To the children of Queen Alexandra Solarium, best wishes, Dr. Seuss," read the inscription.

A $550 bid later, the seminal children's book was tucked under his arm. It didn't stay there long, as O'Connor promptly handed it back to the Children's Health Foundation of Vancouver Island, which raises money on behalf of the centre.

In the right hands

"It's about two kids stuck indoors during the rain.... If there was ever a story tailor written for Victoria, that's it."
Dr. Robert O'Connor

"I just thought it should go back to where it belongs," he said. LUKE SIMCOE/METRO IN VICTORIA

$32k in back payments

Court axes child support for mother who took daughter

The B.C. Supreme Court has ruled a woman who abducted her daughter and fled to Italy is not entitled to more than $32,000 in back child support from her former husband.

Sibylla Hughes took her two-year-old daughter, Livia, to Italy before a July 17, 2009, visit with the girl's father, Calum Hughes of Kelowna.

She was ordered by the court to return the girl to Vancouver and surrender the child's passport, but didn't. The court found her in contempt and now the woman faces a criminal charge.

Calum Hughes then stopped paying child support for the now six-year-old girl, believing he had waited long enough for Livia to be returned to Canada.

He then applied to the court to cancel his arrears, but the mother asked the court to calculate how much she was owed and to enforce payment. THE CANADIAN PRESS

A new study suggests that based on the seismic history of B.C.'s south coast, the province — including Vancouver — could be due for an earthquake.
JONATHAN HAYWARD/THE CANADIAN PRESS

B.C. coast due for an earthquake: Study

Carbon dating. Research traces historical trend of quakes off Pacific coast back 11,000 years

Cause for concern?

"The sediments preserved on the bottom of Effingham Inlet resemble the rings of a tree.... These layers have given us a story of what happened."
Audrey Dallimore, author of a study tracing the seismic history of B.C.'s south coast

The last massive earthquake that shook the south coast of British Columbia took place on the cold winter night of Jan. 26, 1700, say researchers who have been able to use sediment samples taken from the sea floor off the coast of Vancouver Island to reveal the Pacific coast's seismic history.

In a study published Wednesday, the team said the region that stretches from the northern tip of Vancouver Island down the coast to northern California has experienced 22 major earthquakes over the past 11,000 years, and is due for another.

Audrey Dallimore, of the School of Environment and Sustainability at Royal Roads University and the author of the study, said the research showed earthquakes occur every 500 to 1,000 years.

The last one took place 313 years ago.

"What that means is we're due for another subduction zone earthquake either tomorrow — or 700 years from now," she said.

"(It) may happen within our lifetimes and will certainly happen at some time over the life of our communities and our infrastructures."

Researchers extracted a sediment core from the sea floor of Effingham Inlet, in Barclay Sound on the west coast of Vancouver Island, and used radiocarbon dating to determine when large or so-called megathrust earthquakes occurred on what is known as the Cascadia subduction zone.

By radiocarbon dating interruptions in the sediment, researchers determined large earthquakes also took place about 1,200 and 4,000 years ago. THE CANADIAN PRESS

Key evidence in Taser trial inadmissible: Lawyer

RCMP Const. Bill Bentley leaves B.C. Supreme Court on Tuesday.
DARRYL DYCK/THE CANADIAN PRESS

The rights of an RCMP officer involved in Robert Dziekanski's death would be violated if a statement he made to homicide investigators is admitted into his perjury trial, his lawyer argued Wednesday as she attempted to keep a key piece of the Crown's evidence out of the case.

Const. Bill Bentley is accused of lying six times at the public inquiry that examined what happened when Dziekanski was stunned with a Taser at Vancouver's airport. Bentley was among four officers who confronted Dziekanski, and all four have been charged with perjury.

Three of Bentley's alleged lies relate to a statement he gave to homicide investigators several hours after Dziekanski died in October 2007 — specifically, testimony during the inquiry in which he explained apparent inaccuracies in that statement.

But Bentley's lawyer told a pre-trial hearing on Wednesday that Bentley was compelled to give the statement, because he was ordered to speak with investigators by a superior and he believed he would be reprimanded if he didn't comply.
THE CANADIAN PRESS

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Nanaimo. Man allegedly attacks woman and her dog with pepper spray

Police in Nanaimo are on the lookout for a canine-hating curmudgeon who they say attacked a woman and her dog Monday at a local dog park.

The RCMP say the assault occurred around 2:45 p.m. at Invermere beach. They allege the woman and her friends were at the park with their dogs when a man walked up to them and started screaming that he hated dogs. When one of the animals — a one-year-old pit bull — approached the man, he hit the animal with a stick and blasted it with pepper spray, police say.

When the woman tried to retrieve her dog, police say she too was struck with the stick and pepper-sprayed.

The man then approached another group of people on the beach and continued to yell about his hatred of dogs, according to the police. At that point, the victim and her friends left.

The suspect is described as a white male, between 50 and 60 years old with a thin build. He was approximately five foot seven and was wearing a Cowichan sweater, blue-and-red shorts and a brown baseball hat.

The woman is scheduled for X-rays on her shoulder where she was hit, but was otherwise unharmed. Her dog was checked by a veterinarian and appears to be fine, the RCMP said. LUKE SIMCOE/METRO VICTORIA

Comeback. Humpback whales making a splash off Vancouver Island

After being hunted nearly to extinction in the early 20th century, tour operators say humpback whales are returning to the Juan de Fuca Strait in record numbers.

"There's more and more every year, but this year's been phenomenal," said Ocean Ecoventure's Simon Pidcock. "We've definitely noticed an increase in sheer numbers as well as activity."

A veteran tour operator, Pidcock says the humpbacks are also expanding their territory and increasing the length of their stay.

"They're showing up earlier and staying longer," he said. "This year, they started showing up in March, and typically over the past 15 years we didn't see that many until July."

The 15-metre whales make the trek from Hawaii and Latin America every summer to feed in B.C.'s coastal waters.

Their diet consists mainly of krill, but they also eat smaller fish like herring and anchovies.

"They're really here for one reason, and that's to eat," Pidcock said. "They do all their eating here and then they don't eat at all for their whole migration."

That's good news for whale watchers, some of which have been lucky enough to watch the humpbacks "bubble feed."

The whales will circle a school of fish and spout a plethora of bubbles, forming a kind of net.

"The whale then lunges up from underneath, taking in a huge amount of fish," said Pidcock.

It's a welcome sight and one that has been absent from the region for nearly 50 years. While Pidcock says there were roughly 100 humpbacks living in the Georgia Strait at the turn of the 20th century, the whales all but disappeared after a whaling station was built near Nanaimo in 1907.

"It only took them one year to decimate the whole population," he said.

Whaling was eventually banned in the region in 1966, and since then the humpback population has been slowly growing. Estimates place the number of humpback whales in the North Pacific at more than 18,000, up from a mere 1,500 prior to the ban.

The prevalence of humpbacks in Juan de Fuca has begun to establish them as a legitimate tourist attraction, taking some of the spotlight off of killer whales.

"Most of my passengers, their big interest is the orcas, but more and more people are seeking me out because of the humpback experience," Pidcock said.

LUKE SIMCOE/METRO VICTORIA

On the web

For more news go to metronews.ca

Vancouverites celebrate Italian Day in June. Council wants to encourage more neighbourhood block parties to boost civic engagement. ELIZABETH HAMES/METRO FILE

Vancouver wants you to partaaaay

Getting involved. City council hopes to engage residents with an array of recommendations it passed on Wednesday

EMILY JACKSON
emily.jackson@metronews.ca

From a citywide neighbourhood block party day to putting 311 online, city council hopes to engage more Vancouverites with a slew of recommendations it passed on Wednesday.

While many of the 16 suggestions from a citizen task force seem quite innocuous — though the cost of the initiatives is yet unknown — the idea of assigning councillors to specific neighbourhoods to respond to community issues prompted partisan bickering.

NPA and Green councillors were concerned the neighbourhood liaisons would turn the city into something of a ward system, a proposition that voters have dismissed by ballot.

But the Vision Vancouver councillors, who make up the majority of council, dismissed this as irrelevant and partisan.

The hour-long argument regarding how liaisons might help engage citizens delayed more than a dozen speakers who had signed up to talk later in the meeting.

The debate was based on a bizarre premise that council is not partisan when all of the 11 councillors ran for, and represent, a civic party.

Maybe they can all make friends at the neighbourhood block parties.

RCMP group to offer aid to accused officers

Rae Banwarie of the MPPA
JONATHAN HAYWARD/THE CANADIAN PRESS

The association that represents Mounties says new federal legislation will give RCMP commissioner Bob Paulson the power to be "judge, jury and executioner" of officers accused of wrongdoing.

The Mounted Police Professional Association announced a legal-aid program on Wednesday to cover the costs of legal advice and lawyers for accused officers.

The group, which represents almost 2,000 civilian and regular officers, said Bill C-42, which is awaiting royal assent to become law, gives the RCMP complaints body greater powers to discipline and dismiss officers without any independent oversight.

"He will be able to fire people for what he determines to be unsatisfactory working habits," Rob Creasser, the association spokesman, said. "Ultimately all decisions will rest with him and his delegates."

Rae Banwarie, national president of the association, said the new legal-aid program would protect members from "unscrupulous and unethical managers who continue to bully and intimidate."

Those who may need to dispute dismissals or demotions, or who may need a lawyer in criminal or highway traffic prosecutions and police-conduct investigations, could also access aid.

"We have to do something to protect our people and our membership across the country and provide them a process where it's fair, it's equitable and they have some recourse," Banwarie said. THE CANADIAN PRESS

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Environment. Prominent U.S. Keystone critic to visit Alberta oilsands

One of the most prominent and recognizable critics in the U.S. of the proposed Keystone XL pipeline is coming to Alberta to have a look at the oilsands for himself.

Environmental lawyer Robert F. Kennedy Jr. says he doesn't expect the visit to change his opinion.

"It's hard for me to imagine that I would see a benefit that would make me change my mind on the tar sands," he said.

Robert Kennedy Jr.

Kennedy said he's coming at the invitation of environmentalists and First Nations. THE CANADIAN PRESS

Indecent robbery

Robber exposes himself before demanding cash

Police in Belleville, Ont., are looking for a suspect in an unusual robbery in a bank lobby. Police say a woman was using an ATM on Wednesday when a man approached her, exposed himself and demanded she withdraw money for him. THE CANADIAN PRESS

Facing charges

Canadians caught smuggling $59K in their bras

U.S. border agents say they have caught a Canadian woman and her teenage daughter trying to cross the border with $59,000 hidden in their bras. The woman, Moura El-Asmar, is charged with cash smuggling and lying to a federal agent. THE ASSOCIATED PRESS

Military accused of intimidating witness

Defence committee. Soldier wounded during Taliban ambush allegedly told to tone down his testimony

Opposition Liberals tried again on Wednesday to hold military officers to account for allegedly attempting to intimidate an injured Canadian soldier into toning down his testimony before a parliamentary committee.

Cpl. Glen Kirkland, who was severely wounded in Afghanistan five years ago during a Taliban ambush, said last week that he was told to "not speak about certain things" when he testified before the House of Commons defence committee.

In an interview with CTV News, Kirkland claimed that he was even threatened with a dishonourable discharge.

Liberal defence critic John McKay said that's tantamount to trying to intimidate a witness, and he put forward a motion calling on the committee to inform the Commons.

Not the first time

It is not the first time the military has tried to intimidate serving members when it came to speaking out about problems with the care they receive.

- When former veterans ombudsman Pat Stogran held his farewell news conference in September 2010, complaining about bureaucracy and red tape, two soldiers at the event said they had been ordered by the brass not to speak publicly.

Pte. Glen Kirkland, in wheelchair, one of five soldiers injured in a direct fire explosion, attends a ceremony for fallen comrades in Khandahar on Sept. 4, 2008. TOBI COHEN/THE CANADIAN PRESS

An attempt to "shape" testimony before Parliament is "as serious as lying to a committee," McKay said.

Kirkland, 29, said he suffers from survivor's guilt and severe post-traumatic stress.

The military recently presented him with a discharge plan that would have seen him out of uniform well ahead of the 10-year service mark he wanted to achieve for a full pension. THE CANADIAN PRESS

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Harper keeps busy in Europe

Free-trade. Prime Minister Stephen Harper won't put an 'artificial deadline' on European trade talks; meets U.K. PM today

Prime Minister Stephen Harper says arbitrary timelines won't determine when Canada inks a free-trade pact with the European Union.

Harper told journalists Wednesday in London that his government will only agree to a deal when it meets Canada's best interests.

"Obviously, these have been long discussions. They're continuing. We have been making a lot of progress, and they are the biggest trade negotiations Canada has ever had," the PM said.

"Obviously this will be a big discussion this week — but ... that said, we are not going to set a timeline or a fixed date on which we're going to have an agreement."

Canada is under pressure to conclude a deal before the European Union turns its attention to free trade negotiations with the United States this summer.

THE CANADIAN PRESS

Content driven

"We will not arrive at an accord until such time as we think we have the best accord we can get for the Canadian people." Stephen Harper

1 G8 summit. PM on whirlwind trip around Europe

Stephen Harper is in London until Thursday, when he leaves for Paris followed by Dublin before joining other G8 leaders in Northern Ireland for their annual summit. On Wednesday, he met the Queen. THE ASSOCIATED PRESS

2 Brussels talks. Easy time on wine and spirit rules: Sources

Sources close to the Canada-EU trade talks in Brussels say the two sides have had a relatively easy time settling on rules governing wines and spirits, but European vintners likely still view wine producers in Ontario and B.C. as receiving preferential treatment. TORSTAR NEWS SERVICE

3 G8. New disclosure rules for oil, gas & mining firms

Canada is adopting a G8 initiative that would require companies to disclose any payments they make to governments, the PM announced at a meeting with oil, gas and mining executives. THE ASSOCIATED PRESS

4 Tense. Demos on arms and G8

Mask-wearing protesters hold a banner at the London offices of a defence firm in an anti-arms demo. Three dozen protesters were arrested in the city this week in demonstrations against the G8 summit. THE ASSOCIATED PRESS

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A website supporting Edward Snowden, the former CIA employee who leaked top-secret documents about sweeping U.S. surveillance programs, is displayed on a computer screen in Hong Kong Thursday. Snowden dropped out of sight after checking out of a Hong Kong hotel on Monday. The South China Morning Post newspaper said it was able to locate and interview him on Wednesday. It provided brief excerpts from the interview on its website. KIN CHEUNG/THE ASSOCIATED PRESS

Snowden: 'I'm not here to hide'

U.S. surveillance leak. Former CIA employee says in new interview he hopes to use Hong Kong as a base to 'reveal criminality'

The former CIA employee who leaked top-secret information about U.S. surveillance programs said in a new interview in Hong Kong Wednesday that he is not attempting to hide from justice, but hopes to use the city as a base to reveal wrongdoing.

Edward Snowden dropped out of sight after checking out of a Hong Kong hotel on Monday. The South China Morning Post newspaper said it was able to locate and interview him on Wednesday, providing brief excerpts on its website.

It said Snowden, who has been both praised and condemned for releasing documents about U.S. telephone and Internet surveillance programs, said he was "neither a traitor nor hero. I'm an American."

Asked about his choice of Hong Kong to leak the information, Snowden said, "People who think I made a mistake in picking Hong Kong as a location misunderstand my intentions. I am not here to hide from justice; I am here to reveal criminality."

The newspaper quoted him as saying that he had several opportunities to flee from Hong Kong, but that he "would rather stay and fight the United States government in the courts, because I have faith in Hong Kong's rule of law."

THE ASSOCIATED PRESS

Quoted

"(I) would rather stay and fight the United States government in the courts."

Former CIA employee Edward Snowden, who said Wednesday that he has had several opportunities to flee Hong Kong

CIA's deputy director retires

CIA Deputy Director Michael Morell, who managed the resignation of CIA chief David Petraeus over an extramarital affair and defended the agency's performance over the attack on a U.S. diplomatic post in Benghazi, Libya, retired Wednesday.

Morell retired after 33 years at the CIA, including two stints as acting director and one as deputy director. He was passed over for the top CIA spot by President Barack Obama in favour of the president's counterterrorism adviser, John Brennan, who announced Morrell's departure.

"I was most looking forward to ... the opportunity to work side-by-side once again with Michael Morell," said Brennan, noting that they had begun their careers at the CIA in 1980. "As much as I would selfishly like to keep Michael right where he is for as long as possible, he has decided to retire to spend more time with his family and to pursue other professional opportunities."

Brennan said Morell will be replaced by Avril Haines, the first woman to hold that position. Haines has been a White House deputy assistant and deputy counsel for national security affairs since 2010. Before that, she was assistant legal adviser for treaty affairs at the State Department, according to a White House statement.

THE ASSOCIATED PRESS

Michael Morell
EVAN VUCCI/THE ASSOCIATED PRESS FILE

Israel

Netanyahu to Iran: 'We will never allow another Holocaust'

Israeli Prime Minister Benjamin Netanyahu began his two-day visit to Poland, which Nazis occupied during the Second World War and where they committed the worst crimes ever against the Jewish people, with a warning about a potential Holocaust from Iran.

Netanyahu said Wednesday the "so-called" Iranian presidential election will "change nothing" in the Islamic republic's quest for nuclear weapons and that the regime will continue to pursue a bomb aimed at destroying Israel.

"This is a regime that is building nuclear weapons with the express purpose to annihilate Israel's six million Jews," Netanyahu said, alluding to the number of Jews killed by the Nazis during the Second World War.

"We will not allow this to happen. We will never allow another Holocaust."

THE ASSOCIATED PRESS

Cleveland. Castro pleads not guilty as defence aims to avoid death penalty

A man accused of holding three women captive in his Cleveland home for about a decade pleaded not guilty Wednesday to hundreds of rape and kidnapping charges, and the defence hinted at avoiding a trial with a plea deal if the death penalty were ruled out.

The death penalty is in play because among the accusations facing Ariel Castro, 52, is that he forced a miscarriage by one of the women, which is considered a killing under Ohio law. That charge doesn't include a possible death penalty, but a prosecutor has said that's under review.

Attorney Craig Weintraub acknowledged that "certain charges in the indictment cannot be disputed" and said the defence was working to avoid an "unnecessary trial" with a possible death penalty sentence. THE ASSOCIATED PRESS

Ariel Castro enters the courtroom for his arraignment Wednesday in Cleveland.
TONY DEJAK/THE ASSOCIATED PRESS

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Parking-snitch app pays you to help The Man

Winnipeg. (1) Snap pic of a parking violation; (2) send it to police or private lot operators; (3) get cut of fine; (4) try to live with your guilty conscience

Some entrepreneurial Winnipeggers are set to unleash an army of bounty hunters keen on nabbing people who park in disabled parking spots without a permit or in front of a fire hydrant. All that would be needed is a smartphone and the "spotsquad" app.

Co-founder Chris Johnson says he and his partners haven't yet signed any agreements to give informants a percentage of any ticket fines, but he adds that some private parking lot operators are interested.

He says while many people say they would never snitch on a fellow driver, he expects they would privately jump at the chance to make a couple of bucks while cracking down on inconsiderate parkers.

The app would allow people to snap a picture of a parking violation and send the photo to police, private parking operators or city wardens. A parking warden could then be dispatched to issue a ticket.

If a ticket resulted in a fine, informants would get a cut or could direct the cash to charity.

THE CANADIAN PRESS

Legal minefield

- Brian Bowman, a Winnipeg lawyer specializing in privacy and social media law, said the app could open up a legal minefield. Just because a car is parked in a public place doesn't mean the driver can't expect some privacy rights, he suggested.

The spotsquad app encourages people to report parking violations, such as drivers who illegally leave their cars in disabled parking spots. GETTY IMAGES FILE

Social media

Facebook ushers in hashtags to help with search

Facebook is introducing hashtags, the number signs used on Twitter, Instagram and other services to identify topics being discussed and allow users to search for them.

Facebook said in a blog post Wednesday that users will be able to click a hashtag to see a feed of discussions about a particular topic. For example, typing a number sign in front of "ladygaga" will turn the words into a link that users can click on to find posts about Lady Gaga.

Facebook said hashtags are a first step toward making it easier for users to find out what others are discussing. The company is not giving exact details about other tools it might introduce. If Twitter's use of hashtags is any indication, Facebook will likely incorporate them into its advertising business.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 97.92¢ (-0.23¢)

TSX 12,109.89 (-113.69)

OIL $95.88 US (+50¢)

GOLD $1,392 US (+$15)

Natural gas: $3.77 US (+5¢)
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HERITAGE IN 2 CANADIAN MINUTES

HE SAYS

John Mazerolle
metronews.ca

O Canada! Let's fire up the burnt toast, cut holes in our peach baskets and gather in our house built of sod: The Heritage Minutes are back! Don't believe it? Well, the government has just put aside $400,000 toward new Heritage Minute TV ads, according to The Canadian Press.

The money equates to two Heritage Minutes. This is big — like Upper Canada Rebellion of 1837 big.

When the news spread around my workplace, it was as though The Heritage Minutes was the name of our favourite band and they were getting back together. "Oh my God I love them!!!" was the near-universal reaction.

There was even a generation gap: People over 40 looked deeply unimpressed, before arguing that the only true Canadian PSA series is Hinterland Who's Who.

Squares.

For a more complete story of Hinterland Who's Who, they can contact the Canadian Wildlife Service in Ottawa. But if you're of a certain age, you know that Heritage Minutes are where Canadian television exists in its purest form: Seventy-five mini-movies that are literally and figuratively all over the map.

Some are polished and professional; others look like YouTube high-school projects. "Film a 60-second short about Canadian history. Only one student may use Pierce Brosnan."

My personal favourite, because it was so poor, is about Marion Orr, first female pilot to land stock footage of an airplane onto a foggy soundstage.

It also contained a man being a slack-jawed moron at the sight of her, which was a running theme throughout the series. Between misunderstanding the meaning of Canada, mistaking Lake Michigan for the Pacific and laughing at female voters, teachers and doctors, the series could have been called, "White Guys Get It Wrong." Of course, this makes it a bang-on retelling of world history.

I'm thrilled the series is back, though I'm a bit distressed that there are only two planned. Surely we have it in us to produce another 75?

I have so many ideas.

For instance, to highlight our culture, imagine an extremely smug woman explaining to a stodgy American visitor that in Canada you can partake in such delicacies as Crispy Crunch, Coffee Crisp and Aero bars. "Chocolate filled with air bubbles. It's a Canadian idea." The American's head explodes.

Or, in a special sequel to one of the most popular existing Heritage Minutes, we could see neurologist Wilder Penfield suddenly remember that he put bread in the toaster about five minutes ago. "Oh yeah, right," he says, before taking a bite.

Or think of this inspiring scene: To explain our politics, we see a crowd of the disenfranchised, gathered in Ottawa and chanting for their right to vote — louder and louder, braver and more sure of themselves, again and again. Then the camera pans to reveal … Prime Minister Stephen Harper. "Sorry," he tells the assembled crowd. "Parliament is prorogued." He slams the door behind him.

If we don't film these important moments people will rightly be asking, "Dang it, why didn't we shoot them?" With a bevy of new Heritage Minutes, we'll have a whole new bedrock of Canadiana to leave for our children, just like we had growing up. Now the people will know we were here.

ZOOM

Yes, Martians go sand duning

NASA/JPL-CALTECH/UNIV. OF ARIZONA

Dry ice chunks create unique trails

If Martians did extreme sports, you can imagine they would leave trails like these.

Mars' strange grooves, or "linear gullies," on its sand dunes may have been made by sleds of sliding frozen carbon dioxide.

NASA's discovery is the result of examining images from the Mars Reconnaissance Orbiter spacecraft. These grooves, spotted more than a decade ago, varied in length from only a few hundred metres to 2.5 kilometres and once posed a long-standing mystery as to how they were formed. Serina Diniega, planetary scientist at NASA, and her team managed to deduce that they are caused in springtime as the thawing layer of dry ice surfs down the Martian slopes.

METRO

Mars's climate

- **Wintertime.** Layers of solid CO_2 can reach thickness levels of two metres.
- **Springtime.** CO_2 sublimates (vaporizes without becoming a liquid) and chunks of the dry ice break off and surf down the slopes. The falling ice blocks are lubricated by the carbon dioxide dune, leaving the gullies behind.

Quoted

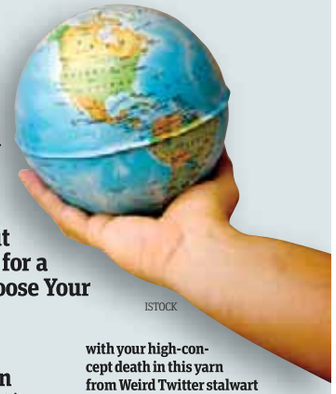
"MRO is showing that Mars is a very active planet. Some of the processes we see on Mars are like those on Earth, but this one is uniquely Martian."

Candice Hansen
Co-author of the Mars report

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

You are currently extremely bored. You 1) Turn your newspaper to the next page. 2) Fold your newspaper into a jaunty hat. 3) Read the space below and pull out your smartphone for a Twitter-based Choose Your Own Adventure.



ISTOCK

You're Assigned A Dangerous Mission

Buzzfeed founder Jonah Peretti (@peretti) created the first fully fleshed out Twitter CYOA three years ago (correct me if I'm wrong) and I've taken a few runs through it since. Hint: Accept the mission. (bit.ly/Start-The-Adventure)

@Urtwitventures

A very scary situation on a bus paves the way for paths that frequently end with your high-concept death in this yarn from Weird Twitter stalwart @urfavoritejoel. (bit.ly/15XrM1Y).

Choose Your Story

Not on Twitter? While that's a shame, that's no reason to be excluded from the fun. Choose Your Story is a community-curated website of CYOA tales, many with a classic role-playing game influence. (chooseyourstory.com)

Comments

to metronews.ca

RE: Forget Where's Waldo? Where's Senator Pamela Wallin? Is More Like It, published June 9

It's despicable to see people being handed 'cushy' positions in Ottawa, only to hear they've taken further advantage of the position to milk the taxpayers for even more money. These recent examples are a SCREAMING call for reform. And not just the senate. **UH Toronto posted**

She was at the same time chair of the Senate Defence Committee and on the board of directors (paid) of an investment advisory company. Doesn't the government have any rules about conflict of interest???? **phil jacobs posted to metronews.ca**

What about the condo in New York City? Don't see that mentioned! **Harry J. Smith posted to metronews.ca**

WE WANT TO HEAR FROM YOU: Send us your comments: vancouverletters@metronews.ca

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Make a move to the beach

Arts scene. There is no shortage of outdoor entertainment this summer, all across the city

BACKSTAGE PASS
Graeme McRanor
vancouver@metronews.ca

Rachel Cairns and Todd Thomson star in Shakespeare's Twelfth Night during the annual Bard on the Beach festival. DAVID BLUE

Thou must get thouself to Vanier Park this summer for the Bard on the Beach Shakespeare Festival, which kicks off its 24th season this week with previews of the rom-com Twelfth Night, which opens June 26 and plays Tuesday through Sundays at the 742-seat Mainstage until Sept. 14. Also on the slate this year is the somewhat less comedic Hamlet, which opens June 29; Measure for Measure, opening July 11; and Elizabeth Rex, opening July 14.

Let's not forget Bard Explored: Lecture Series July 15 and 29 and Aug. 12 and 19; Bard Explored: Shakespeare's Rebel — book launch and sword fight event on July 22; and Bard-B-Q & Fireworks, which is a play plus a sit-down salmon barbecue with a wonderful view of the Celebration of Light fireworks, July 27, 31 and Aug. 3.

Play tickets are $43 (evenings), $25 to $30 (previews, matinees and long-weekend evenings) and include all fees/taxes. More information at bardonthebeach.org.

Two thumbs up

"The music is playful, the lyrics are outrageous, the script is hilarious, and the characters are delightful."

Director Peter Jorgensen
On Avenue Q at the Arts Club

Q-Rating

Avenue Q, the Broadway musical for adults, opens June 20 at the Arts Club's Granville Island Stage. Yes, there are puppets. No, it's not for kids.

"The music is playful, the lyrics are outrageous, the script is hilarious, and the characters are delightful. Underneath its colourful fur, a big, boisterous heart beats," director Peter Jorgensen said. "(It's) the perfect musical comedy … unless you are under 14 years of age!"

Seriously, it's not for kids.

Summer Night Concerts announced

If you want to go back in time but don't own a time machine, the PNE's Summer Night Concerts has got you covered. Historically, the Fair has always been a place to see your favourite bands of yesteryear, and this year — with a few exceptions — is no different. In August check out the Jacksons, the Beach Boys, Foreigner, REO Speedwagon and, yes, Loverboy, all for free (although you can reserve seats for $15 to $20). Also in the summer mix: Big Wreck, Sam Roberts Band, Lights, Martina McBride, Colin James and more.

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Indigo bestsellers

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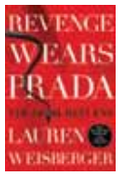
1. INFERNO Dan Brown

In the heart of Italy, Harvard professor of symbology Robert Langdon is drawn into a harrowing world centered on history's most enduring and mysterious literary masterpieces – *Dante's Inferno*.

Last Week: 1 / Weeks on List: 3



2. REVENGE WEARS PRADA Lauren Weisberger

Almost a decade has passed since Andy Sachs quit Runway Magazine working for Miranda Priestly. She never suspected that her efforts to build a bright new life would lead her back into the path of the devil herself.

Last Week: 2 / Weeks on List: 2

This Week		Last Week	Weeks on List
★ 3.	SILVER STAR Jeannette Walls	-	1
4.	KILL ROOM Jeffery Deaver	4	2
5.	DELICATE TRUTH John LeCarre	5	6
6.	ZERO HOUR Clive Cussler	6	3
7.	WEDDING NIGHT Sophie Kinsella	7	8
★ 8.	ONE HEART TO WIN Johanna Lindsay	-	1
9.	BEST KEPT SECRET Jeffrey Archer	9	7
10.	PARIS Edward Rutherford	10	8
11.	SWEET TOOTH Ian McEwan	11	6
12.	FLIGHT OF THE EAGLE Conrad Black	12	4
13.	DEAD EVER AFTER Charlaine Harris	3	6
14.	COOKED Michael Pollan	8	8
15.	TRANSATLANTIC Colum McCann	15	2
16.	WILD Cheryl Strayed	16	11
17.	LET'S EXPLORE DIABETES WITH OWLS David Sedaris	17	8
★ 18.	RED SPARROW Jason Matthews	-	1
19.	FULL COUNT Jeff Blair	19	7
20.	DOUBLE CROSS Ben Macintyre	20	5

Combined Fiction and Non-Fiction Bestsellers for the week, ending June 17th

★ New this week

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She's got bite — and a funny bone

True Blood. Actress Kristin Bauer Straten talks about her strong female character and what she's doing this season (no spoilers)

ALEXANDRA CAVALLO
Metro World News in New York

When we last left HBO's True Blood, the war between the humans and the vampires had just reached a boiling point and the air was thick with the threat of impending violence. Well, more violence. A lot of blood is spilled in this show, but there's a lot of humour as well. More than most shows of its ilk (except, perhaps Showtime's Dexter) True Blood has managed to strike a fine balance between darkness and light. Pam — the bisexual, acid-tongued, bar-owning vampire, who stomps all over human and vamp underlings alike in spike-heeled boots — exacts violence and comedy in equally skilled measure. We checked in with Kristin Bauer Straten, who plays Pam, before the sixth season premieres on June 16.

What can you tell me about what's going on with Pam this season, without revealing any spoilers?
That's always the challenge, isn't it? We've been shooting such long hours all week that I've got to get caught up on the trailers so I know what they reveal. I think it's safe to say there is a human-vampire conflict that's escalated from what the Authority did last year. And that, of course, causes problems for Pam. So she's trying to figure out her relationship with her new baby/lover, you know, Rutina (Wesley, who plays Tara). And she's just reunited with her Maker; she wasn't sure if he was alive. And then, on top of it, the humans are fighting back.

When the show first started, did you know that Pam was going to become such a big part of the show?
I definitely did not. Yeah, that was a really lovely surprise because, when I auditioned, they said that it was a guest starring role, possibly recurring. And first season, once Alex (Skarsgård) and I started they kept calling us back. But season two, there wasn't as much Pam. So all of a sudden when season three came around and they started adding quite a bit more Pam, that was a lovely surprise because I love the role and I also love the people I'm working with. We have so much fun. They're very, very fun people. The hours are long so it makes a huge difference.

Pam is actually one of my favourite characters on the show, and she has really evolved: straight-up evil in the beginning, but now they're revealing a lot more layers. Do you think she's more good than bad?
I don't know if it is a bad sign, or if I'm becoming sort of delusional, but I don't know if she's good or evil — but she's definitely… correct. I feel like what she says, we're all thinking. You know, she only kills bad people. I feel like she's a little bit of the person we all wish we could be, but we wouldn't be able to maintain jobs and friends (laughs). And Pam is lucky enough to have stepped out of, on purpose, all of those concerns. And, you know, to be top of the food chain, she doesn't have to worry about liking anybody or vice-versa, people liking her especially. I just think it's really refreshing.

True Blood season six premieres on Sunday. HANDOUT

Put dad on read alert this Father's Day

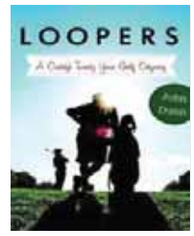
If you don't have time to golf or fish with your old man, you could at least get him a book about those things. Look no further than this list of books. Whether he is a fly-fishing fan or wants to hunker down in a transatlantic adventure, here are our picks for pop.

ALISON BOWEN
Metro World News in New York City

Very different journeys across the pond

TransAtlantic, a new novel from National Book Award winner Colum McCann, weaves a story detailing three different crossings of the Atlantic in dynamic time periods, from an Irish famine to a modern-day presidential visit from Barack Obama. The novel moves through 150 years and two continents, starring historical figures including Obama and Frederick Douglas alongside characters like aviators attempting the first nonstop flight.

For golf laughs and maybe a few tears

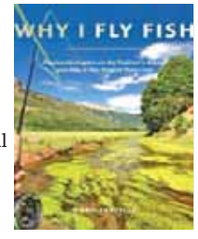


The new memoir "Loopers: A Caddy's Twenty Year Golf Odyssey" tracks decades of caddy adventures. John Dunn says this wasn't the long-term goal he envisioned, but he ended up appearing at golf courses across the country, hitchhiking to get to some of the fanciest greens in the nation. He tells tales of assisting everyone from regular golfers to movie stars — and making as much as $500 a day in tips. But it's not all laughs. The book also touches on problems that plague caddies, like heavy drinking and gambling.

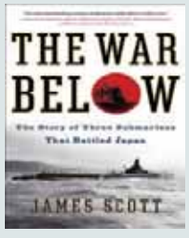
Strengthen a father-daughter relationship

In The Entertainer: Movies, Magic and My Father's Twentieth Century, Margaret Talbot, a writer for the New Yorker, weaves old Hollywood stories and family legends together from the life of her father, actor Lyle Talbot. As well as following along on his adventures, the book also tracks changes in the entertainment industry.

Catch this fly fishing classic for him

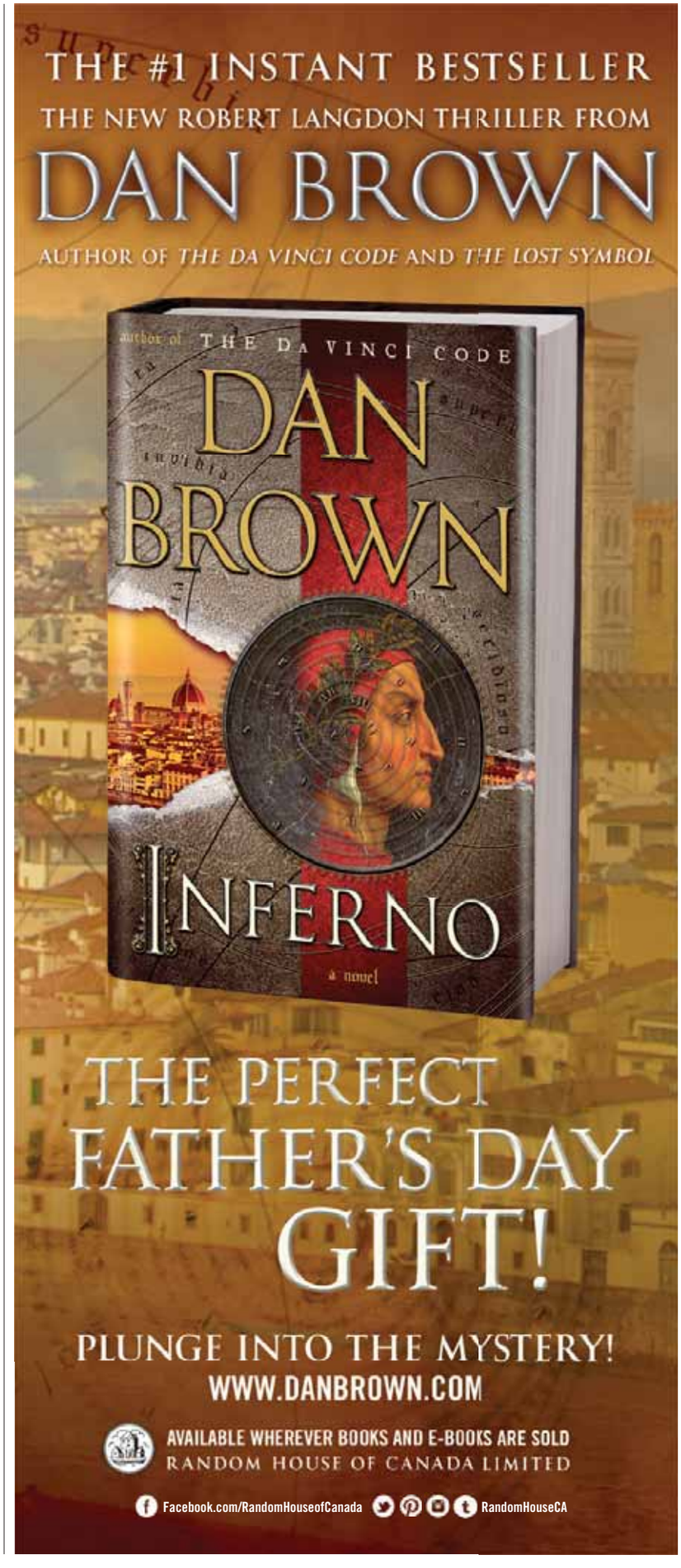


Fishing books might be a classic dad gift, but get him a tailored book toward one specific type of fishing this time with Why I Fly Fish by Chris Santella. The author interviewed 25 fishermen, from fly-fishing professionals to celebrities like Henry Winkler, all explaining their personal reasons for the pursuit.



Take him on a historic, sub-aquatic adventure

This new book takes an underwater view of the Second World War. In The War Below: The Story of Three Submarines That Battled Japan, James Scott describes a submarine force that destroyed a Japanese merchant fleet, hurting that country's economy. Tales include an undersea appendectomy with kitchen utensils. Drawing on diaries, letters and interviews with veterans, this is a fresh story for any Second World War fan.



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Bell rings in a change – and backs under-fire Bynes

Amanda Bynes

Amanda Bynes has at least one person in her corner: Former The Amanda Show co-star Drake Bell is standing up for the troubled actress despite her recent arrest and frequent Twitter tirades. "I talk to her every day. She's a sweetheart. I had lunch with her yesterday, and she's brilliant. She's good, and she's healthy," Bell tells OK! Magazine. "It hurts me and it upsets me" the way the media has been portraying Bynes, he explains. "Anytime I've ever been with Amanda, she's totally coherent, totally there, totally everything," he says. "I'm like, 'Dude, you come off crazy.' She's like, 'I know, but I don't mean to. I just changed the way I look!'"

Penn Badgley

Badgley and Kravitz split but 'on good terms'

Gossip Girl star Penn Badgley and Zoe Kravitz have reportedly called it quits after nearly two years of dating, according to Us Weekly. "It is all good between them. It wasn't a sad breakup," a source says. "It just wasn't working. It really did end on good terms, though. They are at two different stages in their careers. They just didn't have time for each other."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Kruger and Jackson to do marriage U-turn

After seven years of dating — and insisting that marriage isn't that big of a deal to them — Diane Kruger and Joshua Jackson have reportedly changed their minds and are ready to tie the knot, according to Us Weekly. "Josh and Diane are very close to getting engaged," a source close to the couple says. "They decided they're ready for the next step. They're excited!" The source says Jackson is planning to propose this summer and the wedding will happen "imminently." The Fringe star was singing a completely different tune a year ago, telling the magazine, "Marriage is important for the people it's important for, but neither one of us is particularly religious, so I don't think there's any particular push."

Twitter

@kerrywashington
I just <3 NYC

@josswhedon
Based on the amount if sleep I got, today's interviews are going to be a hoot!

@lenadunham
Fact: I only weigh myself on rusty scales in foreign countries. Otherwise, I go by how my bracelets are fitting.

Justin Bieber ALL IMAGES GETTY

'Bad' boy Bieber's fans all heading in One Direction

At least one group is feeling good about Justin Bieber's recent scandals and bouts with growing pains. "One Direction is benefiting greatly from Justin's a–hole behaviour," a source tells Radar Online. "All of the little girls that loved Bieber don't love him anymore because 'he's bad' and they are moving on to One Direction. The parents of these young fans are resentful of Justin's behaviour and don't think he's a wholesome influence on their children anymore. So they're pushing for their kids to like One Direction instead." And the changing attitudes toward Bieber aren't lost on the British boy band. "Both them and their team is fully aware that they are gaining fans who used to love Bieber, and they know it's the perfect time to capitalize on it and swoop in to replace him," the source adds.

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The weather has warmed up and your dance card is full.
Give your go-to black dress a breather and embrace colour, prints and texture instead.

TINA CHADHA
Metro World News

8 Frocks to rock this summer

Tibi

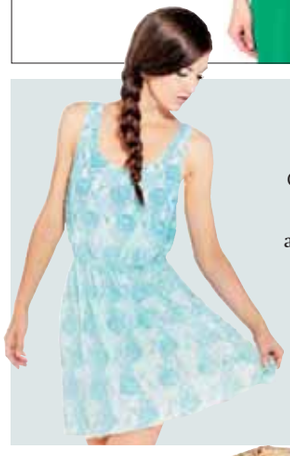
Spectator strappy dress
$385,
tibi.com

Clover Canyon

Turquoise valley dress
$246,
clovercanyon.com

Reformation

Fiore dress
$288,
thereformation.com



Alice and Olivia

Gabby beaded lace dress
$597,
aliceandolivia.com

Zara

Printed pleated dress
$80,
zara.com

Suno

Cutout dress
$315,
sunony.com

Yoana Baraschi

Mediterranean art party dress
$495,
yoanabaraschi.com

Ted Baker

Cristen dress
$425,
tedbaker-london.com

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Along with the sunscreen, book, toys and snacks we haul to our waterside of choice this summer, we need a beach towel or two. The big "canvas" of a beach towel lends itself to big ideas, with room to let designs and colours romp.

THE ASSOCIATED PRESS

Superhero-inspired beach towel capes at Target

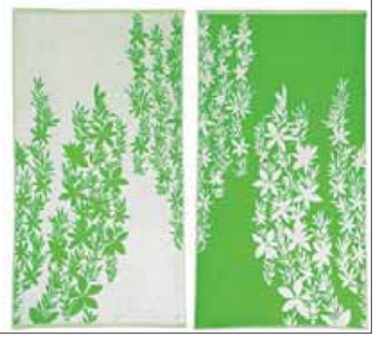
These superhero-inspired beach towel capes are a fun way for children to dry off and play at the same time this summer.

Chrissie Miller reversible beach blanket

Online retailer One Kings Lane has partnered with a number of well-known designers on a beach towel collection that rolls out through the summer. Proceeds support the designers' preferred charities, including Alpha Workshops, which helps HIV-AIDS victims, and Baby2Baby, which assists Los Angeles families in need.

Tracy Reese reversible beach blanket

Celerie Kemble, Tracy Reese, Nanette Lepore, Rebecca Minkoff, Steven Alan and Robert Verdi are among the designers at One Kings Lane. Reese's was one of the debut collections, with wave and tropical-plant motifs in Popsicle hues.



Steven Alan reversible beach blanket by One Kings Lane

8

style savvy towels for the deck, dock or dunes

Nanette Lepore reversible beach blanket in a Gustav Klimt-inspired motif in turquoise and white by One Kings Lane

Tiki print beach towel from Pottery Barn Teen

Pottery Barn Teen has towels with surfer-cool designs like hibiscus flowers and Tiki prints in summery hues, as well as sporty towels for baseball fans, with team logos.

Tie dye beach towel in blue from Pottery Barn Teen

Treat your teen to a little retro style with this rad design. Pottery Barn even lets kids personalize their towels, which are made from 100 per cent cotton.

MLB National league beach towel from Pottery Barn Teen

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Father's Day gifts for dad's active lifestyle

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DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Shaver

Get a close shave every day whether at home or travelling. Sensotouch Electric Shaver with Gyroflex 3D, $249, philips.ca.

Shower supplies

Slip this two-in-one cleaner into dad's travel kit. Paris For Men Shower/Hair Wash, $11, bathandbodyworks.com.

Retro bike

Old school exercise for dads of any age. Urbanista Luggano Gear Bike, $888, opusbike.com.

Personal blender

For the busy dad on the go. Single Serve Blender, $20, hamiltonbeach.ca.

Fridge

Design dad's bar inside or out. Monogram Outdoor/Indoor Luxury Refrigerator, $3,100, geappliances.ca.

Coffee to go

Make French-style press coffee on the go. Coffee Travel Press, $23, starbucks.ca.

Flask

Sneak a sip in style with the Century Flask, $990, tiffany.ca.

Compass

Although they hate to admit it, dads sometimes get lost. Here's a classy old school way for him to get home. Tiffany 1837 Compass, $360, tiffany.ca.

BBQ condiments

Gather a group of gourmet flavours for dad's next BBQ party. David's Condiments, $8 each, pusateris.com.

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Ikea Complement multiuse hanger, $7.99

ikea.com

CB2 Figueira swing chair, $149.

cb2.com

The summer temperatures have gotten us hooked on wining, dining and relaxing under the sun and stars. These fun new products will spruce up your summer retreat.

TINA CHADHA
Metro World News

Five ways to set up your outdoor oasis

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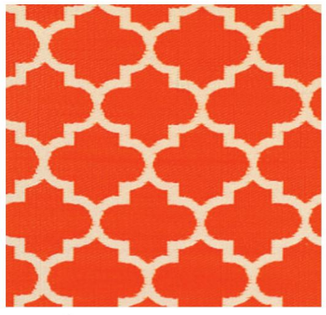
BENTLEY

West Elm mosaic tiled bistro table, $319

westelm.com



Prater Mills indoor/ outdoor reversible rug, $48 for 3x5 and $58 for 4x6

overstock.com

Threshold outdoor rectangular poof, $34

target.com

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Interior designer Trish Johnston recommends putting a new spin on cottage decor by mixing whimsical colours and patterns with more traditional grounding elements. THE CANADIAN PRESS/HANDOUT/HOMESENSE

A scented candle, pretty soaps and a guestbook or journal will make guests feel at home. THE CANADIAN PRESS/HANDOUT/HOMESENSE

Large woven baskets offer a spot to stash extra cushions and bring rich, natural texture into a room. An oversized tote does double duty as storage. THE CANADIAN PRESS/HANDOUT/HOMESENSE

Five ways to create a welcoming space for your overnight visitors

Home away from home. Create a guest bedroom for anybody who might be staying over this summer

Outside of the holiday season, the summer is a prime period to welcome guests at home.

"Guest bedrooms are a good space to push the envelope a bit or have some fun, or be a little bit more outside (the box) than you would be in your principal bedroom," said Trish Johnston, a Toronto-based interior designer and prop stylist.

Johnston teamed up with HomeSense on summer decor ideas blending both traditional and contemporary touches aimed at helping enliven a guest bedroom during the warmer months. Whether it's a couch in the living room or a dedicated spare room for visitors, Johnston shared five ways to design a welcoming space for overnight guests.

1. Create a space for everyone

It could be the in-laws one weekend, a younger cousin or family friend the next. Regardless of who will be inhabiting the guest room, the space should be amenable to all — which means creating an inviting environment that steers clear of being too gender-specific

"I would say keep a lighter hand and don't go over the top to make it too feminine or too masculine," said Johnston. "A guest room is really a transitional space that will have any number of people going through it. Just try to keep it more uniform."

2. In with the old — and the new

Whether it's a cosy quilt knitted by Grandma, stacks of your favourite reads or another cherished possession, heirlooms and keepsakes can team well with fresher additions into a guest space.

In her own take on guest-room style, Johnston channelled the great indoors — namely the cottage — for decor inspiration. She tapped into nautical style with navy blue and white hues, opting to accent fresh linens with colourfully patterned patchwork quilts and cushions.

A room of luxury

Interior designer and prop stylist Trish Johnston teamed up with HomeSense on summer decor ideas to help enliven a guest room

- "It's such a great area to really incorporate all of those luxuries, so when you do have a guest come, you've thought of everything ... the stay is just that much more enjoyable."

To further bolster the homey, beach-inspired feel, she suggested incorporating natural materials, like rope, wood, jute and rattan, showcased in accessories like lighting fixtures, rugs and baskets.

"For me, I like the bold colour ... but I always ground all of my rooms with a natural element because it gives that warmth and that texture."

3. Lay out the welcome mat — with a tray

Hosts can bring a taste of the hotel experience to their guest room by drawing on similar elements that make visitors feel at home during short-term stays. Johnston said a welcoming tray is one way to put a personal stamp on the space and help put guests at ease as they're settling in.

Johnston recommended assembling a collection of soaps, hand towels, a scented candle and perhaps even a small assortment of flowers, as well as a local map to help visitors feel more connected and acquainted with the community they're visiting.

A keepsake journal, a collection of favourite snacks or even having an extra toothbrush at the ready are all small touches that can go a long way in making guests feel pampered, she noted.

"They're just thoughtful little things of: 'What would they like?' And you can specialize it for the guest that's coming because you know them, too, and add that special uniqueness to it."

4. Illuminating alternatives

Desk lamps are all well and good, but Johnston has another option for those seeking to light up their guest rooms in stylish fashion.

Lanterns offer an alternative to conventional electrical lighting, with some models featuring LED battery-operated candles that are portable and can double as a flashlight, Johnston said.

5. Multifunctional furniture

For those hosting guests in smaller surroundings where they may not have a dedicated room for visitors, Johnston said dual purpose furniture is essential.

Rather than opting for a pullout sofa, consider simply transitioning a daybed during the evening hours. "It's just as comfortable as a couch and then also serves a purpose as being a bed."

Baskets can be used to store extra bedding, towels or other essentials that a guest may need. "It keeps it tidy and it also adds to the texture of the room," Johnston said. The same approach can be applied to woven bags, which can be tucked away when not in use or double as a tote for the beach, she added.

Selecting dual purpose pieces doesn't have to mean solely incorporating miniaturized items to accommodate smaller quarters. Rather than a conventional side table, consider opting for furniture that's slightly larger in scale — such as a chest of drawers — that can also serve as a desk or vanity, Johnston suggested.

"(There are) things that have a multi-purpose that look great in the space when it's set for that purpose, and then when you do have guests come over, it still gives them that luxury and the useability of the space as a guest room."

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Your small kitchen can still be comfortable and functional. ISTOCK IMAGES

How to make your small kitchen sizzle

DIY ideas. If you're in an apartment or small space, your kitchen shouldn't have to suffer

There are many solutions for making a small space bigger, so follow some of the ideas below to create a kitchen that's comfortable, functional and beautiful.

1 Focus on function! Scale back on appliances so your kitchen isn't full of large items that you never use. Consider what's really necessary for your space before automatically including anything that can take up valuable space.

2 Invest in multi-purpose pieces. Storage benches or other items that perform more than one task are invaluable in a small space and can keep your small kitchen organized and tidy.

3 Open storage is a great way to create a spacious feeling. While cupboards close off the room, opening up those areas can not only create a fun way to display your kitchen items, but also make the room feel bigger.

4 Mix it up! Pair different materials and shapes in your design, like rectangular cupboards with a curved kitchen island.

5 Implement glass features — in doors or elsewhere — in order to expand the space and make it feel bigger than it actually is.

6 Find a folding table. A kitchen table with a drop-down top or additional leaves can be a great addition to a small space that will accommodate more people when needed.

7 Put thought into lighting. Pairing both fluorescent and pendant lighting can create depth and colour in a kitchen that wouldn't have it with a standard light fixture.

8 Don't underestimate flooring! In a small space, you can add details to the floor that will add size to the room and also create a fantastic first impression. Try going further with colourful tiles or designs.

9 Inject colour. Strong colours fool the eye into making the space seem larger — so go for that bold red or bright yellow in your small kitchen.

10 Look up! If you haven't made your floor the centre of attention, think about the ceiling. Paint it a different colour, add a unique light fixture or add texture — all of these things will draw the eye upward and create height in your small space.

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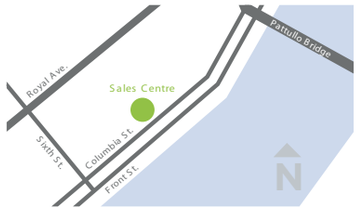

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Japanese paper lanterns still light up modern home decor

Akari. The lamps are popping up everywhere — from painter Georgia O'Keeffe's home in New Mexico to Tony Stark's bedroom in Iron Man 3

The round, white, paper light shades sold at Ikea for $5 are a familiar item in contemporary interior design. But these inexpensive lanterns are knock-offs of light sculptures created by the renowned artist Isamu Noguchi in the early 1950s.

The Noguchi lamps — called akari, the Japanese word for light — were inspired by traditional Japanese lanterns used in ancestor worship. Over the decades, the akari became classics of mid-20th century modern home decor.

Noguchi's original designs are still handmade in Japan; they come in a variety of colours and dozens of geometric designs — including the widely imitated white sphere — and range in price from $100 to $1,000.

The story of how the late Noguchi came to create akari is rooted in the recovery of Japan's post-Second-World-War economy and the cross-cultural currents that influenced his spare, bold, modernist esthetics.

A light designed by sculptor Isamu Noguchi hangs in the dining room of the home and studio where artist Georgia O'Keeffe lived and worked in Abiquiu, N.M. THE ASSOCIATED PRESS/COPYRIGHT GEORGIA O'KEEFFE MUSEUM/HERB LOTZ

Noguchi's mother was American; his father Japanese. They never married. Born in 1904, Noguchi spent years in both countries during his youth. After the Second World War, he was greatly admired by the art and design community in Japan, and at some point met the mayor of the town of Gifu, where local industry centred around making lanterns for ancestry worship, using paper from mulberry trees.

"The mayor asked Noguchi, 'Can you help us resurrect our lantern business?'" said Jenny Dixon, director of the Noguchi Museum in Long Island City, N.Y. "That's how the akari were first produced. They were exported as an economic product and were well-received by the design community."

She added that Noguchi "papered them sculpturally. He didn't call them lanterns or lamps; he called them light sculptures."

Noguchi's concept "stood in sharp contrast to 1950s contemporary, modern, efficient lighting trends," said Peter Barna, provost of Pratt Institute, the art and design college in Brooklyn. Popular lighting options of the day included track lights, adjustable desk lamps and "pole lamps with conical shades," added Barna, a former president of an international lighting design firm.

There are hanging lamps, as well as table lamps and floor lamps with metal legs or small, black, circular bases. Many appear breathtakingly elegant; others have a whimsical, futuristic look. THE ASSOCIATED PRESS

BETH J. HARPAZ/THE ASSOCIATED PRESS

Isamu Noguchi's widely imitated designs became classics of mid-20th century modern home design and the original designs are still sold by the Noguchi Museum and Foundation.

Japanese lanterns used for ancestor worship inspired the late Noguchi to design the lamps, which he called akari, the Japanese word for light.

A lighting sculpture for sale in the gift shop at the Isamu Noguchi Museum in Long Island City, N.Y.

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Tips for gardeners when things get dry and sunny

Thirsty. Trying to eke more vegetables out of less land? Our plants could use a little extra help getting water

Plants need water to keep cool, pump minerals up to their leaves and grow. And in many regions and many seasons, they can fend for themselves getting water. Used to be, they had to. It was less than a hundred years ago that garden hoses came on the scene. Before that, rainfall was pretty much all plants got, except in arid regions where periodic "flood irrigation" was used.

Make the most of water

Before you touch that hose spigot, however, do what you can to help plants eke the most out of natural rainfall and water. Add compost, leaves and other organic materials to your soil to help it retain water. Laid on top of the ground as mulch, these materials slow evaporation from the surface; they also keep the surface loose so water seeps in rather than runs off. Weeds suck water from the soil, so rip them out to leave more water for your plants. And finally, contour the surface of sloping ground with low mounds or terraces to catch and hold water.

Next, find out if your plants need water. Needs vary with soil type and weather. Sandy soils need most frequent watering. Low humidity, wind and heat all make plants thirstier.

Is water needed?

A reliable way to tell whether the soil is moist or dry is to dig a hole and feel the soil for moisture. Or, instead of pocking your garden full of test holes, you could periodically check for wetness by probing the soil with an (inexpensive) electronic moisture meter.

Even easier, though less precise, is to play the averages. Monitor rainfall and apply water so plants receive a 2.5-centimetre depth of water per week, which is what an average plant needs in an average season.

A rain gauge or any straight-sided container can tell you how much rain has fallen, and then you can water to make up the difference. That inch-depth of water is equivalent to about a half-gallon of water per square foot, so if you want to figure, instead, how many gallons a plant needs, estimate the number of square feet covered by its roots and multiply by one-half.

Not too much, not too little

For plants in the ground, you'll be applying that inch of water either with a sprinkler or through "drip" tubing. If you're sprinkling, water once a week, preferably some sunny morning when it's early enough that the air is still calm yet late enough that leaves soon dry, lessening chances for diseases.

With drip irrigation, use a timer to spread that inch of water as much as possible over all daylight hours of all seven days of the week.

This is, after all, how plants use water — one reason for the good "bang for the buck" you get with water merely dripped slowly into the ground near a plant. (Drip irrigation typically uses only about 60 per cent of the water used by sprinklers.) Don't worry about diseases from the frequent watering with drip irrigation; it does plants no harm because leaves stay dry.

THE ASSOCIATED PRESS

A reliable way to tell whether any plant needs water is to dig a hole near it and feel the soil for moisture. Instead of pocking your garden full of test holes, you could instead periodically check for wetness by probing it with an (inexpensive) electronic moisture meter. LEE REICH/THE ASSOCIATED PRESS

The secret to having a (nearly) weed-free garden

With careful maintenance, you can eliminate many of the weeds in your garden, and save yourself valuable time and energy. THE ASSOCIATED PRESS

For a time many years back, I would become nervous every time I went out to my garden to weed. The weeds were so few that I feared something was wrong with the soil.

True, I had taken deliberate steps to create this condition, but initially it was hard to believe that results could so well bear out theory.

The first step in creating this "weedless" condition was to stop turning over or tilling the ground.

Buried in every soil are countless dormant weed seeds just waiting to be awakened by exposure to light and/or air. Not tilling —whether with a shovel, garden fork or rototiller—keeps those seeds buried and dormant.

Added bonuses to the no-till approach are preservation of valuable soil humus (organic matter), earlier planting in spring, more efficient water use and, of course, not having to go through the trouble of tilling.

Keep the soil intact and covered

I now take great pains to avoid disturbing the layering that naturally develops over time in any soil.

I clean up old marigold plants, tomato vines and other spent plants during and at the end of the growing season by jerking them out of the ground and coaxing out plants with large roots, such as corn, by first cutting around their main roots with a garden knife.

I also enrich the soil from the top down, spreading fertilizers and compost or other organic materials right on the surface. Most of a plant's feeder roots — the roots that benefit most from organic materials and fertilizers — grow near the surface anyway. And near or on the surface is where organic materials can also do the most good, offering protection from the pounding of raindrops and the summer sun.

Still, there are always those weeds that arrive in the garden as seeds hitchhiking in with the wind or dropped by birds. Each year, I smother them by spreading a thin, weed-free mulch over the soil.

Good riddance

You still may encounter weeds on occasion in your garden. Yank them out, roots and all, or use tools.

- Colonies of small weeds are quickly done in with a "winged weeder," collinear hoe or some other hoe with a sharp blade that can be slid along just an inch below the soil's surface.

Don't walk on my bed

Of course, you can't just stop tilling, throw mulch on the ground and garden as usual. Walking on the soil and rolling a wheelbarrow, garden cart or tractor over it compacts the soil; tillage is then needed to aerate it.

The way to avoid compaction in the first place is to lay out the garden with permanent areas for plants and for traffic. Trafficked areas also need to be mulched, in this case with some lean, weed-free material such as wood chips, gravel or straw. Planted areas in my vegetable garden consist of rectangular beds three feet wide surrounded by 18-inch-wide paths. Beds in my flower garden are more free-form or have stepping stones.

Drip that water

Changing watering technique was the final step on my road to "weedlessness." Not all plants need regular watering, but for those that do, drip irrigation is the way to go.

Drip irrigation puts water near garden plants, so none is wasted or promoting weed growth in the areas between plants or in paths.

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Art house ... in the middle of our street

Gutsy move. Turning your home into an artwork is risky but if done properly it could become a beloved local landmark

It's hard to miss the enormous 20-foot-wide American flag on the side of Richard Ormbrek's home. Comprised of around 180 tiles painted with scenes of Americana against a background of red and white stripes, the flag pops from the orange cedar shingles with traffic-stopping audacity.

This is actually the second major art project that Ormbrek has put on the house he shares with brother-in-law Bruce Edenso. The first — a traditional Haida Indian totem house design that covered the entire side of the home — was painted in 1975 and made the house something of a local landmark.

Many people know of one: that neighbourhood house that's quirky or dramatic or a bona fide art project.

But few have the inclination — or the guts — to turn their own home into "that house," to view their property as a giant canvas waiting to be explored.

"We needed to paint our house anyway," says Ormbrek. "And while we were mulling over the colour, we decided to make our home look like a longhouse."

Ormbrek's late wife Judy, a Tlingit-Haida, picked the totem design, which the Ormbreks projected from atop a car across the street while their friend Steve Priestly painted in the lines.

Neighbours gaped as the house was transformed, but only one seemed to mind, fearing it would bring down property values. So far, it seems, the Totem House has neither driven down property values in one of Seattle's hottest neighbourhoods, nor affected the resale value of the home itself.

"I get offers every week to buy my home," says Ormbrek. "Of course I'm not planning on selling the house — it's a very special place."

Jay Pennington of New Orleans put a twist on this suggestion when he offered his yard to host a year-long musical art installation. The double lot he purchased in 2007 came with a dilapidated, roughly 250-year-old Creole cottage on the property, which Pennington wanted to use in a creative way befitting the spirit of New Orleans.

In demand

"I get offers every week to buy my home."

Richard Ormbrek, home owner

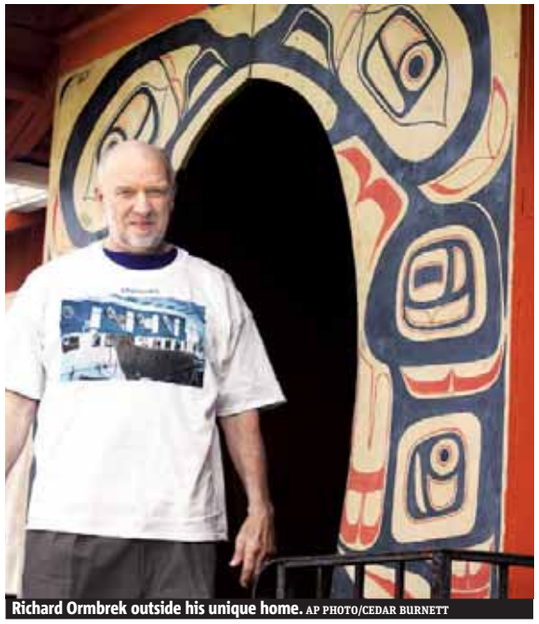
A DJ, performer and artist manager who also goes by the name Rusty Lazer, Pennington is steeped in the art world through his work as co-director of New Orleans Airlift, a not-for-profit organization that provides opportunities for artists. Pennington, along with friends, came up with the idea of a musical village made from the salvaged remains of the cottage.

After obtaining city permits, New Orleans Airlift co-director Delaney Martin and artist Taylor Lee Shepherd paired artists with builders to create a lot-size shantytown with nine shacks that wheezed, thrummed and plinked as fully functioning instruments.

The neighbours were almost universally supportive and took part in the project — from helping to dismantle the cottage to defending Pennington from the one neighbour who viewed the project as "trashy" and tried to shut it down. "It's New Orleans — people love music here," says Pennington. He said neighbours appreciated that the cottage wasn't torn down and replaced with a new, out-of-character home.

He did draw the line at friends camping in his yard for Mardi Gras, insisting that they build a privacy fence to show respect for the neighbours. The fence was built and now a piece of it is part of the archival collection at the New Orleans Museum of Art.

Performances of The Music Box, as the project was called, drew 15,000 visitors and a host of performers who played the instrumental buildings. It ended in May 2011 after four months of staggered performances.



Richard Ormbrek outside his unique home. AP PHOTO/CEDAR BURNETT

Pennington still shares his property with the project's art director, Eliza Zeitlin, who lives in the permanent structure she built for the project — along with her menagerie of 30 animals. "My house will never be just my house again," says Pennington. "But I love that." THE ASSOCIATED PRESS

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3 sisters, 2 cookbooks, 1 tasty chicken dish

Three sisters who came to Canada from Greece as children are celebrating their heritage through photos and recipes in a follow-up to their first award-winning cookbook.

"We didn't want to do the typical thing people would expect in a Greek cookbook, which was beautiful pictures of Greek islands," says Eleni Bakopoulos of the book Three Sisters Back to the Beginning: Timeless Greek Recipes Made Simple. "We really wanted to be about the Greek lifestyle that we knew it to be, how food is connected to family and relationships and friendships and it really brings us all together."

Grilled Lemon Chicken

This recipe serves four. THE CANADIAN PRESS H/O

Ingredients

- 4 chicken breasts, boneless and skinless
- 30 ml (2 tbsp) olive oil
- 3 ml (3/4 tsp) salt
- 2 ml (1/2 tsp) dried oregano
- Fresh cracked pepper

Dressing

- 75 ml (1/3 cup) olive oil
- 50 ml (1/4 cup) fresh squeezed lemon juice
- 2 ml (1/2 tsp) dried oregano
- 2 ml (1/2 tsp) salt

The second book incorporates recipes omitted from the first book due to space (both volumes are self-published).

They also included dishes from the Greek islands and the north.

Try out this recipe from the book.

Grilled Lemon Chicken

1. Heat grill to 230 C (450 F).

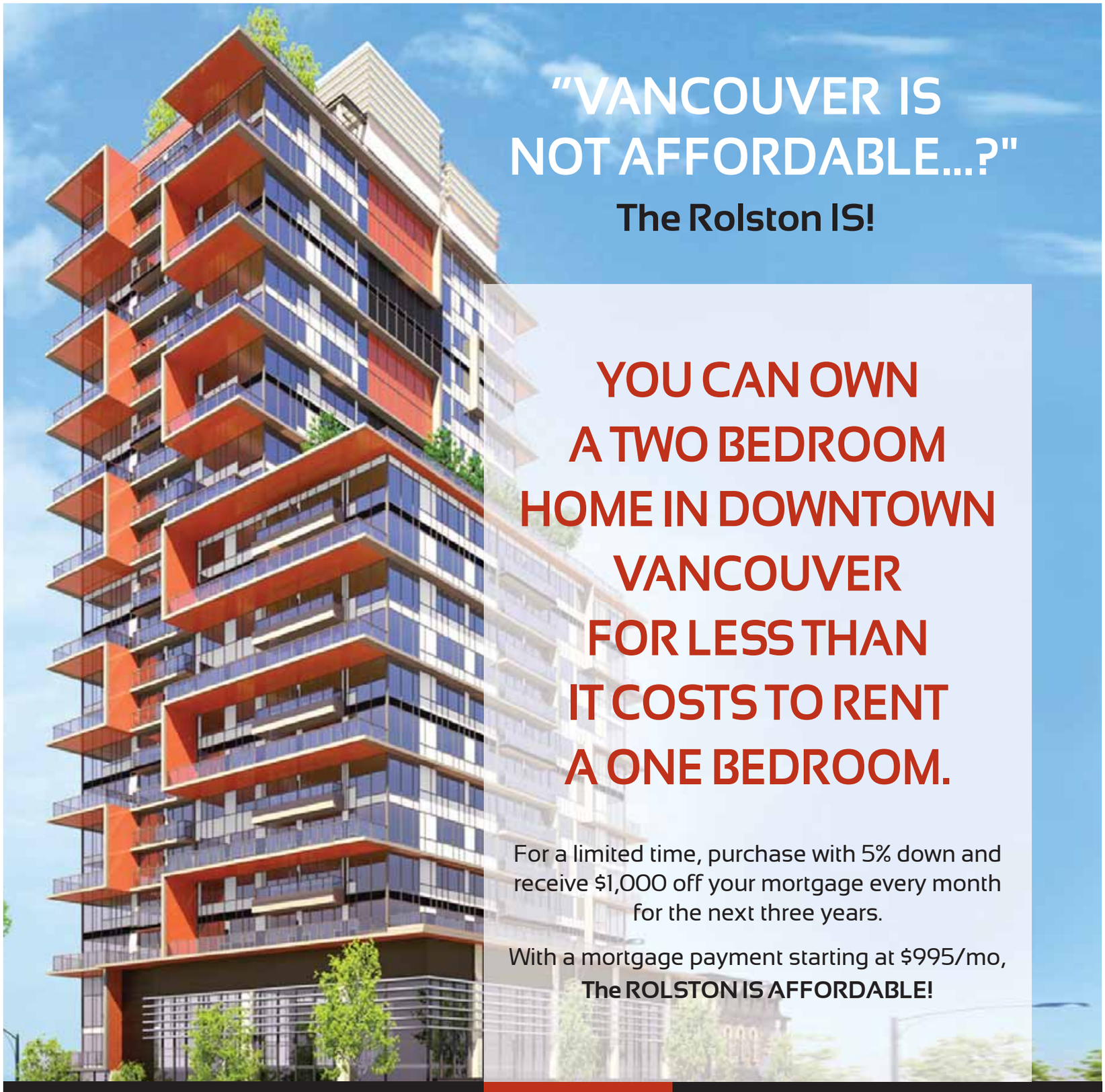
2. Coat chicken on both sides with olive oil and season with salt, oregano and pepper.

3. Place chicken directly on grill and grill for 8 to 12 minutes or until chicken is firm to the touch and opaque all the way through. Ensure barbecue lid is closed as much as possible while cooking, and turn breasts over only once.

4. Remove chicken from grill, cover with aluminum foil and set aside to rest for 5 minutes.

5. In a small bowl, whisk dressing ingredients together.

6. Use a sharp knife to cut chicken into slices. Drizzle dressing over chicken and serve immediately. THE CANADIAN PRESS/ THREE SISTERS BACK TO THE BEGINNING: TIMELESS GREEK RECIPES MADE SIMPLE BY BETTY, ELENI AND SAMANTHA BAKOPOULOS (ADELFES PUBLISHING, 2013).



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Father's Day coincides with the summer grilling, so think about a gift of a stainless steel barbecue set for dad. MONKEY BUSINESS IMAGES/VEER

Specialized gifts for the special dad

Buying something special for dad this Father's Day and want to forego the usual tie and cologne? Consider some of these ideas — from the dad who feels at home in the kitchen to the dad who prefers to be one with nature, find the perfect gift that yours will love.

The gadget guy

For the dad who loves tech toys, a satellite radio will provide hours of entertainment, for the car and to take on-the-go. The commute to work will be more enjoyable as he listens to his choice of sports, talk, comedy and commercial-free music or catches up on the news. Enhance the backyard barbecue party by turning up the volume for E-Street Radio, Bruce Springsteen's 24/7 music channel or catch the latest updates on the game from ESPN without having to step away from the burgers and great weather.

The sports fanatic

If pops is an avid baseball or soccer fan, give him the gift of a family sports day, with tickets to his team's next game for an outing you can all enjoy with him. Don't forget to treat him to some traditional stadium fare — hotdogs, popcorn and a refreshing beverage will make dad more than happy as he cheers on his favourite players.

The chef

Father's Day coincides with the summer grilling season. Consider a gift of a stainless steel barbecue set. Dad will appreciate the look and feel of the tools for making the perfect summertime backyard meal for friends and family.

The outdoorsman

Is dad restless unless he gets outside, regardless of the time of year or season? Consider getting him into a new outdoor hobby to pass the time — a fishing rod, golf clubs, or even a pair of snowshoes might be just the ticket for a unique gift that will and impress.

Whatever you decide to gift dad with this year, don't forget that a hug and an appreciative thanks for being "the best dad ever" is more than enough in his eyes, and one you will be sure he will love.

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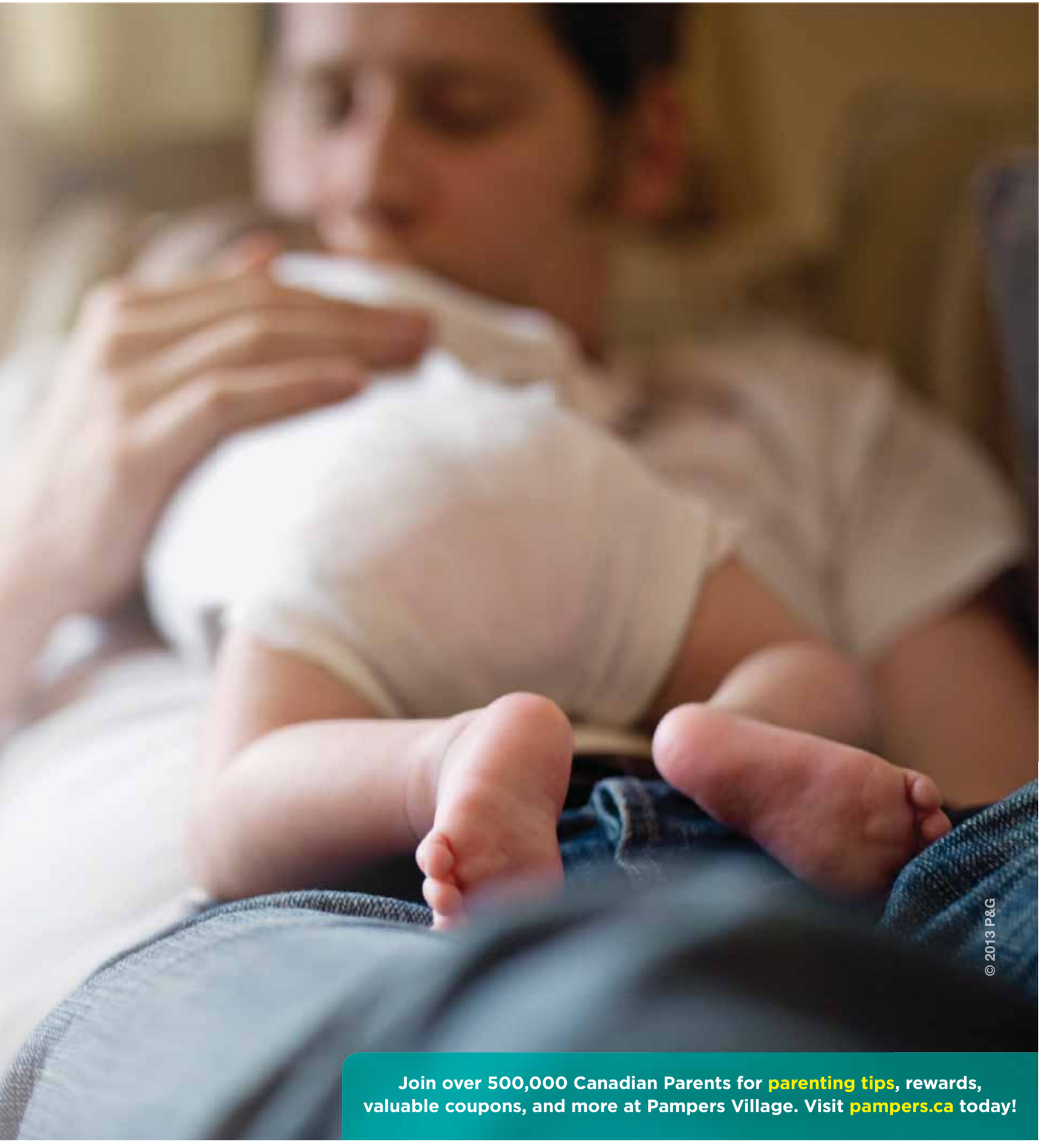


Join over 500,000 Canadian Parents for parenting tips, rewards, valuable coupons, and more at Pampers Village. Visit pampers.ca today!

Toys for the techie

MIKE YAWNEY
For Metro

Homemade cards and ties make cute gifts for dad, but if you really want to impress this Father's Day some high-tech gadgetry is in order. Here are a few of the best picks to put a smile on your dad's face.

Braun CoolTec — $149.99 and up

Say goodbye to razor burn. Featuring CoolTec, this is the only electric shaver that chills your face as you shave to reduce irritation. This wet/dry shaver also features a long hair trimmer and can last 45 minutes on a single charge.

FitBit Flex — $99.99

Perfect for the active dad. FitBit Flex allows you to set a fitness goal then track your steps, distance, and calories burned. Wear it at night and it will not only track sleep patterns, but will gently wake you with a silent alarm. Don't expect it to help out with your dad's snoring.

Logitech Harmony Ultimate Remote — $349.99

Control up to 15 devices with one remote. This ultimate home theatre gadget combines physical buttons with a customizable touch screen. The best part is it will communicate with your devices through closed cabinets and walls via IR and Bluetooth. Compatible with more than 225,000 home theatre devices.

HTC One — $649.99 (without contract)

With its sleek aluminum body, The HTC One is a great choice for the stylish dad in your life. This Android device features an impressive 4.7-inch HD display along with dual front speakers to create a truly impressive sound experience. The phone can also double as a remote for your home theatre.

iMac — $1,299 and up

The re-engineered Mac matches beauty with performance. Featuring ultra-fast processors and powerful graphics performance, this all-in-one is perfect for work and play. Splurge for the new Fusion Drive, which monitors the applications and files you use the most and prioritizes their boot time and access. The five-millimetre outer edge makes this computer the centre-piece of any home office.

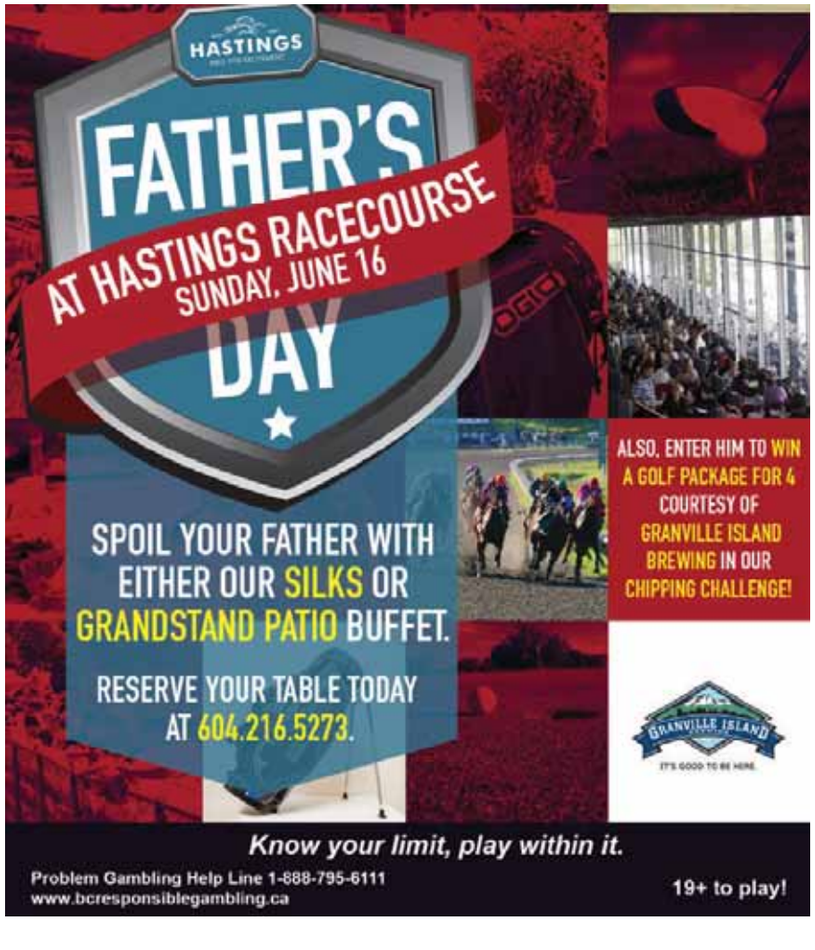
Libratone Zipp — $399.95

Incredible sound from such a small device. The Libratone Zipp lets you stream music from any Apple device using AirPlay technology, even if there is no Wi-Fi available. Speakers last four hours on a single charge and are wrapped in Italian wool, making them look as good as they sound.

Kindle Fire HD — $214 and up

Finally available in Canada, Amazon's Kindle Fire HD tablet brings games, web browsing, apps and more than one million eBooks with you wherever you go.

Clockwise, from top left, HTC One — $649.99 (without contract), Braun CoolTec — $149.99 and up, iMac — $1,299 and up, Logitech Harmony Ultimate Remote — $349.99, Kindle Fire HD — $214 and up.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Health. Share these messages with dad

Father's Day is reserved for celebrating the men in our lives. Whether it's grandpa, dad, an uncle, or a husband, families do what they can on this day each year to make each man feel special and appreciated.

While a new tie, a round of golf or a pair of game tickets may be well-received, the most generous gift one can give is information that will help him take stock of his health and well-being.

Here are five important messages to share with him this Father's Day — or any day of the year:

• Eat well: It's important to make healthy choices and consume a well-balanced diet consisting of whole grains, vegetables, fruit, milk and alternatives, protein and healthy fats each day to provide the body with the energy, vitamins and minerals it requires.

• Be active: According to the Canadian Physical Activity Guidelines, being active for at least 150 minutes per week can help reduce the risks of heart disease, stroke, high blood pressure, Type 2 diabetes, osteoporosis, obesity, premature death and certain types of cancer. Exercise also promotes improved fitness, strength and mental health.

• Laugh more: Research shows laughter is a great medicine. Humour produces psychological and physiological effects on the body that are similar to the health benefits of aerobic exercise.

• Get checked: Though many men tend to avoid their doctor, an annual visit is highly recommended by health-care practitioners. It allows for necessary tests to screen for a variety of health issues and help to flag anything that could be cause for concern.

• Address issues: If his strength and muscle tone aren't the same as what they were last summer, or he isn't himself lately (irritable mood, lack of concentration, low energy, etc.), it's important to investigate.

NEWS CANADA

The most generous gift one can give a father is information that will help him take stock of his health. NEWS CANADA

Did your ancestors live in the North of England?

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Thanks to your contributions, thousands more Canadians have been trained in the life-saving skills of CPR and how to use an AED. There are as many as 40,000 cardiac arrests in Canada every year and defibrillation – when used with CPR – can improve survival rates by up to 75 per cent. Learn how you can help save a life, visit **heartandstroke.ca**.

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MAKE HEALTH LAST

HEART & STROKE FOUNDATION

Dressed to the nines

Dad can enjoy the shade anytime with the Barbour Trilby Hat — a woven and blocked straw chapeau adorned with a tartan band. $85 at Sporting Life. sportinglife.ca.

New York Playboy Body Spray, a scent of the good life, featuring a fresh, woody fragrance with top notes of fusing aldehydes, limes, and vinyl accords. Suggested price: $5.99. coty.com.

O'Neill's Blakey Jack Collection button-down shirt brings classic back, combining a vintage slub weave with contrast stitching and faux wood buttons. $70 at oneilleshop.ca

The dual time-zone Longines Conquest 24-hour GMT Watch features sapphire glass with anti-reflective coating; rhodium-plated hands; and a stainless-steel bracelet. Suggested price: $1,600. For authorized retailers, visit longines.com.

Sterling silver Scrabble cufflinks incorporating real, full-sized Scrabble tiles — perfect for the wordy-yet-stylish man. $248 at Studio1098. studio-1098customjewellery.com

LUSH Dirty Range is a line of personal grooming products for dads who like to get their hands dirty. It includes hair gel, body wash, shampoo, and more. $3.95 to $28.95 at LUSH locations and lush.com.

Dark Amber blends the scent of fresh bergamot with warm amber—producing a cologne both spicy and tough. $29.50 at Bath & Body Works and bathandbodyworks.com.

ECCO's Tour Hybrid Wingtip is a durable crossover shoe that lets dad transition to golf course from office without changing. From $240 at ECCO locations, eccocanada.com, and other retailers.

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Atkinson at home with Canadians

Baseball. Vancouver's short-season Single A team opens the Northwest League season Friday

CAM TUCKER
cam.tucker@metronews.ca

Justin Atkinson was keeping a secret.

Atkinson, who is from Surrey and attended high school at North Surrey Secondary, was planning to surprise his parents sometime on Wednesday evening about his return to the Lower Mainland and playing first base for the Vancouver Canadians.

"My parents don't know I'm here, yet," Atkinson said Wednesday, as Vancouver's short-season Single A team held media availability at Scotiabank Field at historic Nat Bailey Stadium.

"Trying to surprise them (Wednesday) night. They might know now ... then my plan has failed."

The Canadians, Northwest League champions in 2011 and 2012, begin the quest for the three-peat on the road Friday against the Tri-City Dust Devils.

It's the first of a three-game series against Tri-City.

The Canadians home opener is Monday against the Spokane Indians at The Nat.

The Toronto Blue Jays selected Atkinson in the 26th round of the 2011 MLB Draft. He spent four days of last year with Bluefield in the Appalachian League, but played mostly in the Gulf Coast League.

He's back in Vancouver. No billet family required.

"I know he's excited and going to be quite a bit of nerves, I'm sure," said Canadians manager Clayton McCullough.

Atkinson admitted he never attended a Canadians game at Nat Bailey Stadium until last summer.

The sentimental value of being the hometown kid is not lost on him.

"It's going to be a big thing for me, the announcer saying my name, the fans cheering," he said. "I feel like I'm in the big leagues right now."

A product of the Langley Blaze in the B.C. Premier Baseball League, Atkinson has moved from shortstop to first base.

He's currently listed at six-foot-one and 205 pounds, although he added weight, hitting the 210-pound mark.

The 19-year-old Atkinson focused his off-season workouts on increasing his strength and power.

It's necessary. His primary job now is to hit the ball and drive in runs.

"Hit the ball out of this park, hopefully. It's going to be hard," said Atkinson.

True. Nat Bailey Stadium is renowned as a pitcher's park. But his approach at the plate won't change.

"I mean, if it goes, it goes," he said. "But the game plan is gap-to-gap, stay through the ball and get a good pitch to hit."

Vancouver Canadians first baseman Justin Atkinson, of Surrey, speaks to reporters Wednesday at Scotiabank Field at Nat Bailey Stadium. CAM TUCKER/METRO

Quoted

"I feel like I'm in the big leagues right now."

Surrey's Justin Atkinson on returning to the Lower Mainland to play for the Canadians.

NBA Finals

Parker's injury graded as mild hamstring strain

Tony Parker, along with all of San Antonio, really, spent a restless night worrying about a gimpy right hamstring that hampered him in Game 3 of the NBA Finals and threatened the momentum the Spurs seized with a drubbing of the Miami Heat.

A day later, Parker said he got some good news. Just how good the news is likely won't be known until Game 4 begins on Thursday night.

Parker had an MRI on Wednesday that revealed a Grade 1 strain of his hamstring, the mildest level of strain. He's listed as day to day. THE ASSOCIATED PRESS

Charity soccer game

Nash's Showdown expands to L.A.

The Steve Nash Foundation Showdown is going coast to coast.

The Canadian basketball star has added a second charity soccer game — which brings together NBA and soccer stars — in Los Angeles this summer. His New York Showdown, entering its sixth year, will be held June 26. The L.A. game is scheduled for July 8.

Nash expects to play in both, despite being hobbled by hip, back and hamstring injuries late in the season with the Lakers. The 39-year-old point guard from Victoria received two epidural injections and a cortisone shot in his hip during the first round of the playoffs, when L.A. was swept by the San Antonio Spurs. THE CANADIAN PRESS

Blackhawks break Bruins in triple OT

The Blackhawks' Marcus Kruger battles with Milan Lucic during game 1 of the Stanley Cup final Wednesday. Chicago won 4-3. NAM Y. HUH/THE ASSOCIATED PRESS

By the time it ended, the Chicago Blackhawks' comeback was a distant memory. It almost didn't matter that the Boston Bruins blew a two-goal lead in the third period.

Almost an entire game was played after regulation ended, capped by Andrew Shaw's game-winner at 12:08 of triple overtime that gave the Blackhawks a 4-3 victory Wednesday night at United Center and a 1-0 series lead in the Stanley Cup final. It was the fifth longest game in Cup final history.

After 112 minutes of hockey, the fatigue was noticeable. More than 100 shots were put on goal, more than 100 hits levelled and more than 100 faceoffs taken.

But all that mattered was a double deflection, a point shot by Michal Rozsival that went off David Bolland and Shaw that finished the Blackhawks' comeback that began hours earlier.

When Michael Frolik tripped Zdeno Chara to set up Patrice Bergeron's power-play goal for Boston early in the third, it looked like the Blackhawks would surrender home-ice advantage. They trailed 3-1 with 13:51 left.

But it didn't take long for the Presidents' Trophy-winners to come back. THE CANADIAN PRESS

On Wednesday

Blackhawks	Bruins
4	3

Horoscopes

♈ Aries
March 21 - April 20
If there is something you want to tell the world, you will get your chance over the next few days. Whether it's worth hearing remains to be seen but you will certainly make your point — maybe quite loudly!

♉ Taurus
April 21 - May 21
You are about to benefit from a remarkable stroke of luck but you will kick yourself if you don't take full advantage of it. Partners and loved ones may kick you too.

♊ Gemini
May 22 - June 21
You may have energy to spare today but that does not mean you can waste it. The Sun, Mars and Jupiter in your sign make all things possible, but there is one thing only you should be focusing on now.

♋ Cancer
June 22 - July 23
You seem to be a bit more adventurous than usual, and that's good. You certainly won't worry what the neighbours might think about what you are up to. In fact, you will quite enjoy shocking them.

♌ Leo
July 24 - Aug. 23
No matter how much time and energy you put into something, if your heart is not in it you won't do a good job. The message of the stars is to love what you are doing.

♍ Virgo
Aug. 24 - Sept. 23
The only reason you are under pressure is because you have too many things on the go. And the only reason you have too many things on the go is because you can't say "no".

♎ Libra
Sept. 24 - Oct. 23
You have a busy schedule, so if you get the chance to take a break over the next 24 hours you would be wise not to waste it. You may not get another opportunity for quite some time.

♏ Scorpio
Oct. 24 - Nov. 22
One course of action is right and one course of action is wrong. Not that it matters a whole lot to you. It seems you have already decided what it is you are going to do.

♐ Sagittarius
Nov. 23 - Dec. 21
It is important that you give loved ones space to be themselves today, because if you restrict their freedom they may rebel. Do you fear losing them? That's more likely to happen if you cling too tightly.

♑ Capricorn
Dec. 22 - Jan. 20
Promise yourself that no matter how irritating certain people may be, you won't let them get under your skin. The only weapons they have to use against you are words and words only hurt if you let them.

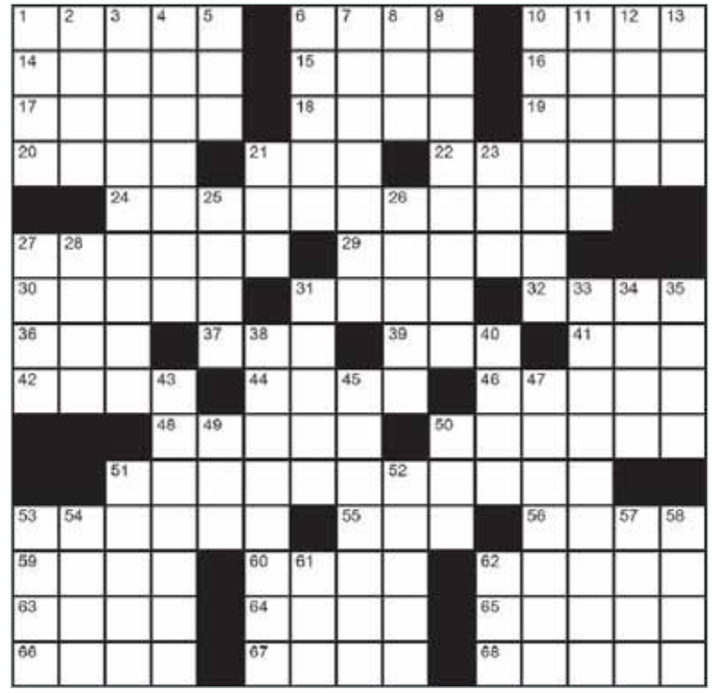
♒ Aquarius
Jan. 21 - Feb. 19
What happens today may or may not be important but how you react to it most certainly is. The best reaction is to steer a middle course. Try not to be either too happy or too sad.

♓ Pisces
Feb. 20 - March 20
Something will occur today that makes you look at life in a slightly different way. Once you get past certain ideas that have been holding you back, you will discover a new world of possibilities. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

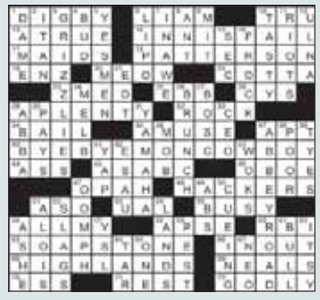
BY KELLY ANN BUCHANAN



Across
1. The __ (Meeting place in downtown Winnipeg)
6. Rhyming scheme
10. Tie
14. Take out _ __ (Borrow money)
15. City haze
16. Simply the best
17. ___ rest (Bring things to a close)
18. Mansion must-have
19. Survey choice, __ of the above
20. Tree log bump
21. Five-and-five's total
22. USA part
24. Motto on Saskatchewan licence plates: Land of __ __
27. "This Is __ Tap" (1984)
29. Little
30. Toronto's Loma, and others
31. Hollywood Walk of Fame symbol
32. Detect
36. Perform
37. Long list ender
39. Caribbean music
41. Flub
42. President Truman's First Lady
44. Apiece
46. Bottle-living wishes granter
48. Heavenly food
50. Starts
51. Located in BC, it's the highest peak of the Canadian Rockies: 2 wds.
53. Rather frightening
55. Photo __ (PR events)
56. Pre-1917 ruler
59. Many: 2 wds.
60. Closed
62. Fuddy-duddy
63. '90s-style rock concert pit
64. River of England
65. Had a bug
66. Birthers of baby baa-ers
67. Requisite
68. Bridges

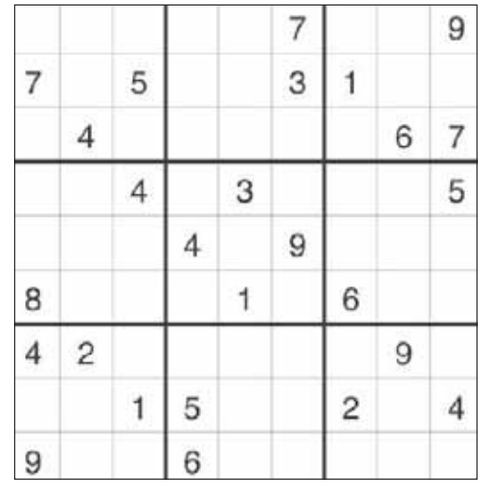
Down
1. "Columbo" star Peter
2. The Good Earth heroine
3. Supporters of The Monarchy
4. "Walking on Sunshine" by __ and The Waves
5. __-Cone (Toy-made treat)
6. Colorado resort
7. Amidst
8. Casper's cry!
9. Inuk singer/songwriter, Susan __
10. Actor, Jeff __
11. Beaver logo clothier
12. Baie-Sainte-__, NB
13. From-the-garden pluck-ee
21. Blue Rodeo's "'__ I Am Myself Again"
23. Zero
25. Bouquet holder
26. Successful song
27. Strikebreaker
28. Step
31. Barely anything
33. Ontario's Bruce __
34. Wholly ___ part
35. Three: Spanish
38. English poet: Alfred, Lord __ (b.1809 - d.1892)
40. Middle __ (Pre-Renaissance period)
43. Gets wrinkles out
45. Make merry
47. Vain person's vacation?
49. Diving bird
50. Blues guitarist Mr. King's
51. Canada-associated creature
52. Chose
53. Equivalent
54. Farming implement
57. Seaport of Yemen
58. Some Smarties
61. Tint
62. The __, Manitoba__ _

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

9	4	8	3	2	6	5	1	7
3	6	1	5	7	8	9	4	2
7	5	2	4	9	1	3	6	8
8	1	9	2	5	4	6	7	3
4	7	6	8	1	3	2	9	5
5	2	3	9	6	7	1	8	4
2	9	4	6	8	5	7	3	1
6	3	7	1	4	2	8	5	9
1	8	5	7	3	9	4	2	6

Today
18°/13°
Partly cloudy

Friday
17°/12°
Variable

Know what the weather will be 14 days from now.
Check the 14 day trend.
TWN incorporates MSC data

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